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Tuesday



VIA GETTY IMAGES

Maj. Nidal Malik Hasan is alert and able to speak.

Hasan Awake: Ft. Hood shooting suspect conscious | 3

Accused in Iran: Three U.S. hikers held as spies | 10



Right Rub: The benefits of prenatal massage | FIT

lookout



'L' Is for 'Longevity': Big Bird and co. celebrate 40 years of 'Sesame Street.' Plus, new Bon Jovi.

>> 34-43

Germany Celebrates the Night the Wall Fell



GERO BRELOER/AP

DOMINO EFFECT: Fireworks explode as 1,000 symbolic dominoes tumble past the Brandenburg Gate in Berlin on Monday. Thousands gathered in the German capital to mark the 20th anniversary of the fall of the Berlin Wall and the collapse of communist Europe. ✣ **United:** Fall ended separation and fear | Page 8

Sniper's Execution on Track

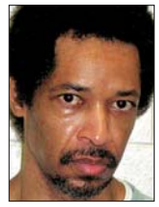
High court denies stay; Muhammad set to die by injection

WASHINGTON | The Supreme Court Monday denied John Allen Muhammad's request to stay his execution, clearing the way for Virginia to put to death the man who terrorized the D.C. region as the Beltway Sniper.

Justices John Paul Stevens, Ruth Bader Ginsburg and Sonia Sotomayor objected to the court's haste, saying it "highlights once again the perversity of executing inmates before their appeals process has been fully concluded."

Stevens, writing for the three, said Virginia had short-circuited the process by scheduling Muhammad's execution for Tuesday night, earlier than the court would normally have reviewed his petition for the court to take his case.

After the court made its decision, Jon Sheldon, the attorney representing Muhammad, expressed a similar concern about the rapid pace of the review. "In its effort to race John Allen Muhammad to his death before his appeals could be pursued, the state of Virginia will execute a severely mentally ill man who also suffered from Gulf War syndrome," Sheldon said.



Muhammad

Muhammad is scheduled to die by injection for the slaying of Dean Harold Meyers at a gas station during a three-week spree in October 2002 across Maryland, Virginia and Washington, D.C. ROBERT BARNES (THE WASHINGTON POST)

pollcenter **DO YOU THINK LIFE WITHOUT PAROLE IS OK FOR SOME JUVENILE OFFENDERS?** A YES B NO

VOTE AT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 40

TUESDAY 64 | 47

WEDNESDAY 51 | 39

eyeopeners

FOLLOW-UP

Coming Soon: The Hovercraft Chaise

The motorized recliner belonging to a Minnesota man arrested for driving it into a parked car while drunk has sold for $10,099.99. Police didn't immediately know the winning bidder's name or hometown after it was sold at an eBay auction Thursday. The chair was built by Dennis LeRoy Anderson. He had pleaded guilty to driving the motorized chair with a blood-alcohol level nearly four times the legal limit. (AP)



CAT FIGHTS

Flowing Pageant Hair Fab for Pulling

Miss England has relinquished her crown after being accused of a barfight. Pageant organizers say Rachel Christie has also withdrawn from next month's Miss World competition. British newspapers reported that Christie got into a dustup with another beauty queen — Miss Manchester Sara Beverley Jones — in a nightclub earlier this week. (AP)



ALEXANDER JOE/AFP/GETTY IMAGES

STUNTS

Babes Up in Arms

What is now officially the world's largest bikini parade — 287 women — was held Saturday in Johannesburg, South Africa, to raise awareness of breast cancer. Special K cereal sponsored the event and donated money to a cancer charity. The women walked just over a mile in their swimsuits. (EXPRESS)



SPENDING

'And That Was Your Student Activity Fee'

Hundreds of amateur sushi chefs at the University of California, Berkeley assembled a 330-foot California roll Sunday. A spokeswoman says the monstrosity is the largest of its kind ever rolled, surpassing a 300-foot California roll made in Hawaii in 2001. Students used 200 pounds of rice, 80 pounds of avocado, 80 pounds of cucumber and 180 pounds of fish. And in a nod to the school's vegetarians, the final 15 feet contained tofu instead of seafood. (AP)

VANITY

"Everyone in Swansea will know what he looks like now."

— **SWANSEA, WALES, POLICE** ON A FUGITIVE WHO DIDN'T LIKE THE MUG SHOT POLICE WERE PUBLICIZING — SO HE SENT A LOCAL NEWSPAPER A BETTER PHOTO OF HIMSELF. IT MADE THE FRONT PAGE.



Nation



MELINA MARA/TWP

Bob Butler works on a memorial honoring victims of the Fort Hood attack Monday at Central Christian Church in Killeen, Texas.

Shooting Suspect Is Alert

Source: Man reached out to radical Muslim in Internet messages

WASHINGTON| A U.S. official says the suspect in the attack at Fort Hood reached out to communicate with a radical imam overseas who came under scrutiny in the past for possible links to terror groups.



Hasan

The official, who spoke on condition of anonymity because the person was not authorized to discuss the investigation, says Maj. Nidal Malik Hasan sent to Anwar al Awlaki electronic communications. Awlaki writes a blog that, among other things, denounces U.S. policies as anti-Muslim.

The official says the messages were picked up by U.S. counterterrorism officials but that an inquiry into the matter was shelved because the contacts were not deemed to suggest a threat. Investigators are trying to determine whether Hasan has any links to terror groups.

A lawyer for Hasan said Monday he asked investigators not to question his client and expressed doubt that the suspect would be able to get a fair trial, given the widespread attention to the case.

Retired Col. John P. Galligan said he was contacted Monday by Hasan's family and was headed to an Army hospital in San Antonio to meet Hasan.

"Until I meet with him, it's best to say we're just going to protect all of his rights," Galligan said.

Hasan, 39, is accused of opening fire on the Army post on Thursday, killing 13 people and wounding 29 before civilian police shot him in the torso. He was taken into custody and eventually moved to Brooke Army Medical Center, where he was in stable condition Monday and able to talk, hospital spokesman Dewey Mitchell said. Galligan said he didn't know whether Hasan had been medically cleared to talk.

Galligan questioned whether Hasan could get a fair trial in either criminal or military court, given President Obama's planned visit to the base on Tuesday and public comments by the post commander, Lt. Gen. Robert Cone.

DEVLIN BARRETT AND MIKE BAKER (AP)

Man Confesses To Killing Kan. Abortion Doctor

WICHITA, KAN. | Defiant and unapologetic, a man accused of shooting a Kansas abortion provider confessed to the slaying Monday, telling The Associated Press that he killed the doctor to protect unborn children.

Scott Roeder, 51, of Kansas City, Mo., spoke to the AP in a telephone call from jail, saying he plans to argue at his trial that he was justified in shooting Dr. George Tiller at his Wichita church in May.

"Because of the fact preborn children's lives were in imminent danger, this was the action I chose," Roeder said. "Defending innocent life — that is what prompted me. It is pretty simple."

ROXANA HEGEMAN (AP)

HEARSAY | POLITICS

"The president could take a few pages from Lyndon Johnson's book ... and start knocking heads together."

—REP. JOHN CONYERS, D-MICH., OFFERING SOME UNSOLICITED ADVICE MONDAY TO PRESIDENT OBAMA ON HOW TO HANDLE THE FIGHT OVER HEALTH CARE REFORM.



CRIME More Than They Can Chew Police in several Connecticut towns said they're dealing with a sticky situation — chewing gum thefts. According to authorities, the number of people caught stealing chewing gum has noticeably increased recently. They believe the chewy contraband is ending up on the black market, where it's harder to trace than some other stolen goods. In one of the largest recent cases, a man was charged with shoplifting about $800 worth of Orbit chewing gum from stores in Stratford, Bridgeport and Fairfield. (AP)

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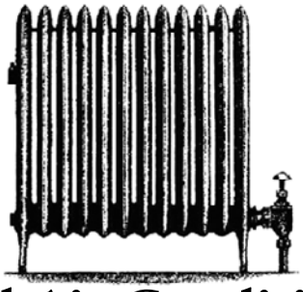
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Nation



M. SPENCER GREEN/AP

Frank Beil was laid off in March and since then has been keeping an eye out for potential burglars at his Glenview, Ill., home.

An Unemployment Benefit

Burglary rates decline in cities where jobless spend all day at home

CHICAGO | Ever since he was laid off in March, Frank Beil has been on the lookout.

He keeps an eye out for cars moving slowly down the street or strangers walking along the sidewalk of his suburban Chicago neighborhood.

"You don't know if that might be people staking you out, finding out if you're home or not," said the 71-year-old hospital chaplain.

Beil is watching for burglars, and police nationwide credit him and those like him for one of the few bright spots of the recession: The number of home burglaries is falling in some cities and towns.

"With a lot more unemployed people, a lot more people are staying home, and they see more in their neighborhood," said Sgt. Thomas Lasater, who supervises the burglary unit of the police department in St. Louis County, Mo., where authorities recorded a whopping 35 percent drop in burglaries during the first six months of 2009.

The trend is showing up in communities big and small.

In Minneapolis, the number of burglaries reported in roughly the first nine months of the year dropped more than 15 percent. Aurora, a city of 170,000 outside Chicago, had 560 burglaries through the end of September, a 15.5 percent decrease. And in Shelby, N.C., a town of 21,000, the number of burglaries through August was 23, compared with 60 for the same time last year.

Official data about this year's burglary rates will not be available from the FBI until late next year.

DON BABWIN (AP)

1M **THE NUMBER OF** strollers that were recalled Monday by Maclaren USA after 12 reports of children having their fingertips amputated by hinges in their products. The recall includes nine models of single and double umbrella Maclaren strollers, according to the Consumer Product Safety Commission. (AP)

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Nation

Court Debates Youth Parole

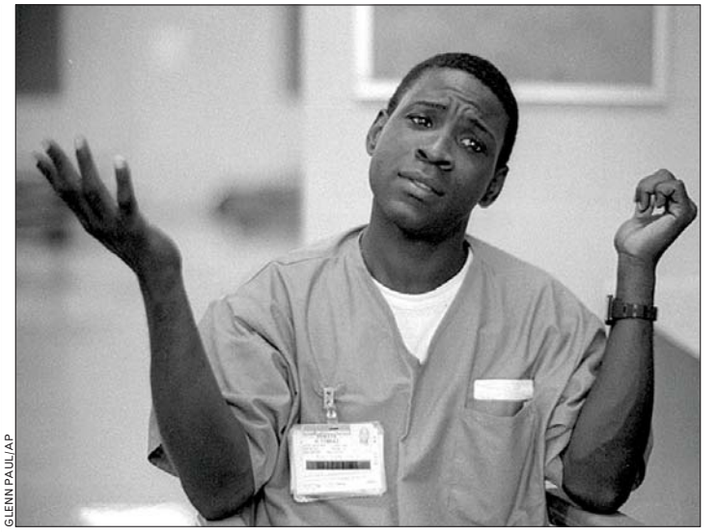
Justices mull whether life sentences are OK for juvenile convicts

WASHINGTON | A seemingly divided U.S. Supreme Court wrestled Monday with whether teenagers can be locked away forever for their crimes.

The question arose in two cases involving Florida men who are serving life prison terms with no chance of parole for crimes they committed as teenagers. Their lawyers argue that the sentences for people so young are cruel and unusual, in violation of the Constitution, because young people have greater capacity to change.

Justice Anthony Kennedy wrote the Supreme Court opinion four years ago that ruled out the death penalty for people under 18, judging them less responsible than adults. So, most eyes were on him Monday as the court considered whether to extend that rationale to life without parole sentences.

But Kennedy offered little hint of his position, at one point suggesting it might be difficult to distinguish between juveniles and adults in cases that do not involve the death penalty.



GLENN PAUL/AP

Joe Sullivan, seen here in 2007, was convicted of raping an elderly woman when he was 13. He was sentenced to life in prison without the possibility of parole.

Justice Samuel Alito questioned whether every last juvenile offender had to be given a second chance. "Some of the actual cases in which this sentence has been imposed in Florida involve factual situations that are so horrible that I couldn't have imagined them if I hadn't actually seen them," Alito said.

In the two cases before the court, Joe Sullivan was sent away for life for raping an elderly woman when he was 13, and Terrance Graham was implicated in armed robberies when he was 16 and 17.

Graham, now 22, and Sullivan, now 34, are held in Florida prisons. MARK SHERMAN (AP)



CONTESTS **Cloudy With a Chance of Nausea** Joey Chestnut maintained his dominance in the sport of competitive eating by winning the first-ever Martorano's Masters Meatball Eating Championship in Las Vegas on Sunday. Chestnut gobbled 50 meatballs in 10 minutes. The 6.25 pounds was a new world record and earned him the first-place prize of $1,500. (AP)

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Nation

Capote Book Still Leaves Some Cold

50 years after deaths, 'In Cold Blood' is sore subject in Kan. town

HOLCOMB, KAN. | It's one of America's most haunting crime stories: four members of a Kansas family brutally murdered on Nov. 15, 1959, at their rural farmhouse.

The slayings of the Clutters — chronicled in Truman Capote's book "In Cold Blood" — have overshadowed the town of Holcomb for the past half-century, and the trial and execution of the culprits has brought little, if any, closure.

For many townsfolk, the wounds have been slow to heal partly because of Capote's critically acclaimed nonfiction novel. The book has been reviled in its birthplace by residents because of its re-creation of events that never happened and what they say is exploitation of the victims.



CHARLIE RIEDEL/AP

The Clutter family was murdered at this home in Holcomb, Kan., on Nov. 15, 1959.

"They made a tremendous amount of money off our great tragedy," said Bob Rupp, who as a teenager dated Nancy Clutter.

The horrific slayings of Herbert Clutter, a prominent farmer and community leader, and his wife, Bonnie Mae Fox — along with their children, 15-year-old Kenyon and 16-year-old Nancy — shattered the innocence of a generation.

When Holcomb residents gathered recently to dedicate a memorial to the Clutters, a lingering bitterness against Capote intermingled with a sense of loss.

"I wish the book had not been written. I didn't like the book — the little bit I read," said Shirley Clutter. Her father-in-law was Herbert Clutter's brother. The 80-year-old woman said she found that reading about the killings was too painful.

ROXANA HEGEMAN (AP)

Trucker Plunges To His Death off Calif. Bay Bridge

SAN FRANCISCO | A trucker died Monday after his big-rig plummeted 200 feet from a new section of the San Francisco-Oakland Bay Bridge that has been the site of more than 42 crashes since it opened.

The rig hauling pears was traveling at high speed when the driver lost control on a westbound S-curve, California Highway Patrol Sgt. Trent Cross said. The rig went over the side and landed on Yerba Buena Island. It was the first fatality on the S-curve since it opened Sept. 8. The speed limit drops from 50 mph to 35 mph on the stretch. (AP)

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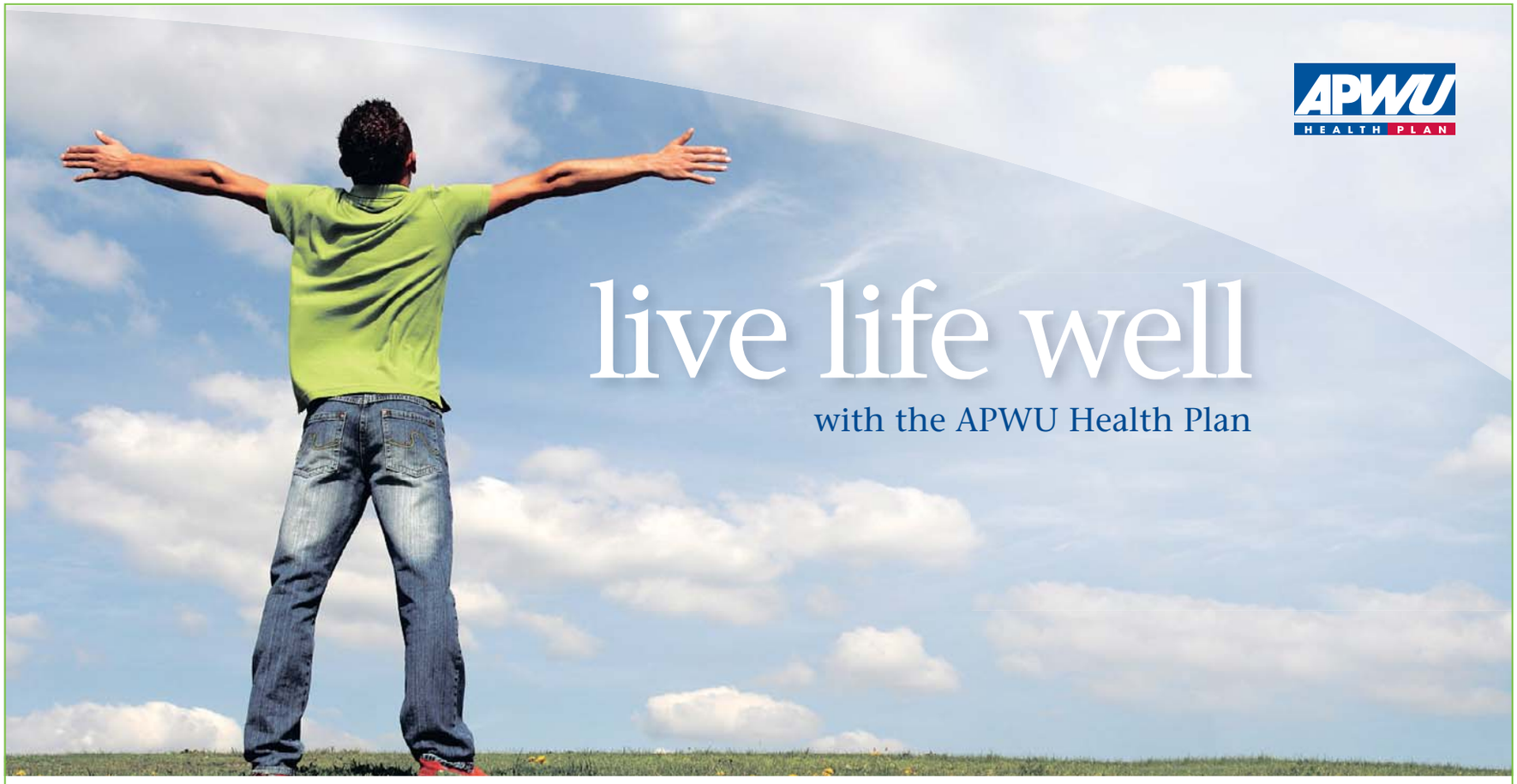
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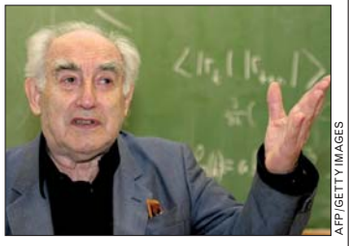
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World

In Brief



AFP/GETTY IMAGES

Russian physicist Vitaly Ginzburg, seen in 2003, died in Moscow Sunday.

MOSCOW

Nobel Prize-Winning Physicist Ginzburg Dies

Vitaly Ginzburg, a Nobel Prize-winning Russian physicist and one of the fathers of the Soviet hydrogen bomb, has died in Moscow. He was 93. Ginzburg died late Sunday of cardiac arrest, the Russian Academy of Sciences said Monday. Ginzburg won the 2003 Nobel Prize in physics with two other scientists for their contribution to theories on superconductivity, the ability of some materials to conduct electricity without resistance. (AP)

KABUL

International Troops Kill 130 Insurgents in Six Days

Afghan and international troops killed more than 130 insurgents in six days of fighting in a once-stable area of northern Afghanistan that has seen a recent spike in Taliban attacks, NATO said Monday. It was some of the heaviest fighting in the north this year. The operation, which took place last week, was in the Chahar Dara district of Kunduz province. (AP)

PESHAWAR, PAKISTAN

3 Dead in Suicide Attack

A suicide bomber in a rickshaw detonated his explosives near a group of policemen in northwest Pakistan's main city of Peshawar on Monday, killing three people, police said. It was the latest in a string of strikes that has killed more than 300 people in the past six weeks. The bloodshed appears aimed at distracting the government from its offensive against the Taliban in South Waziristan. (AP)

Germans Re-Enact 'Epic' Moment

A thousand dominoes topple to mark fall of Berlin Wall in 1989

BERLIN | Thousands of cheering Germans re-enacted the electrifying moment the Berlin Wall came crashing down — toppling 1,000 huge graffiti-adorned dominoes that tumbled past the Brandenburg Gate in the heart of the capital, celebrating 20 years of freedom from separation and fear.

Monday's spectacle — billed by organizers as a metaphor for the way the real Cold War icon came down and the resulting fall of communist countries in eastern Europe — was the finale after a series of memorial services, speeches and events marking the anniversary.

"Looking back, we can see many causes that led to the peaceful revolution, but it still remains a miracle," German President Horst Koehler told the leaders of all 27 European Union countries, Russian President Dmitry Medvedev and U.S. Secretary of State Hillary Rodham Clinton, who were invited to attend the ceremony.

Angela Merkel — Germany's first chancellor to be raised in the former communist east — called the events of Nov. 9, 1989, an "epic" moment in history.

"For me, it was one of the happiest moments of my life," Merkel told a crowd of tens of thousands at the Brandenburg Gate.



HERBERT KNOSOWSKI/AP

Sharing an umbrella, ex-Soviet leader Mikhail Gorbachev and German Chancellor Angela Merkel cross Berlin's Bornholmer Bridge.



GERO BRELOER/AP

Giant dominoes topple along the former path of the Berlin Wall on Monday.

> **"You made this possible — you courageously let things happen, and that was much more than we could expect."**
>
> —**ANGELA MERKEL**, GERMAN CHANCELLOR, LAUDING FORMER SOVIET LEADER MIKHAIL GORBACHEV

Clinton paid tribute to Germany and other countries that shook loose communist binds.

"We remember the people of the Baltics who joined hands across their land ... we remember the students of Prague who propelled a dissident playwright from a jail cell to the presidency," she said.

Merkel also recalled the tragic side of Nov. 9 for Germans — the Nazi's Kristallnacht, or Night of Broken Glass — an anti-Semitic pogrom 71 years ago. At least 91 German Jews were killed, hundreds of synagogues destroyed, and thousands of Jewish businesses vandalized in the state-sanctioned riots that night.

"Both [events] show that freedom is not self-evident," Merkel said. "Freedom must be fought for. Freedom must be defended."

KIRSTEN GRIESHABER AND MELISSA EDDY (AP)

China Executes Nine for July Riots

BEIJING | China has executed nine men, including eight from the Muslim Uighur minority, for crimes committed during July riots that killed 200 people in far western Xinjiang region. The men are the first to be put to death for China's worst ethnic violence in decades.

The nine had been convicted of murder and other crimes committed during the unrest, which began July 5 when Uighurs in the regional capital of Urumqi attacked Han people, who make up China's dominant ethnicity, only to face retaliatory attacks two days later.

Many Uighurs, who are a Turkic Muslim ethnic group linguistically and culturally distinct from the Han, resent Beijing's heavy-handed rule in Xinjiang, their traditional homeland.



CCTV/AFP/GETTY IMAGES

Defendants at a trial regarding July riots in China stand in court in October.

Four months after the riots, Xinjiang remains smothered in heavy security, with Internet access cut and most international calls blocked.

The official China News Service reported Monday that the nine were executed after a final review of the verdicts by the Supreme People's Court, but it gave no specific date or other details.

CHRISTOPHER BODEEN (AP)



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World

Iran: Three Americans Were Spies

Espionage accusation is sign Tehran intends to put hikers on trial

TEHRAN, IRAN | A senior Iranian prosecutor accused three Americans detained on the border with Iraq of espionage on Monday, the first signal that Tehran intends to put them on trial.

The move could set up the Americans — who relatives say were hiking and strayed across the border from Iraq — as potential bargaining chips in Iran's standoff with the West. The announcement came as Washington and Tehran were maneuvering over a deadlock in negotiations over Iran's nuclear program.

Iranian President Mahmoud Ahmadinejad alleged the three crossed Iran's border illegally, saying this was something any country would punish.

"In all countries, crossing borders would have a very heavy sentence, according to the law," he said in Istanbul before the start of a summit of the 57-nation Organization of the Islamic Conference. "Unfortunately, they crossed our borders illegally.

"Hopefully, they will have an appropriate answer in the court, and hopefully they will convince the judge that they did not have any intention of crossing the border illegally," Ahmadinejad said.

U.S. Secretary of State Hillary Rodham Clinton said the charges were baseless.

The timing of the announcement raised the possibility that Iran was using the case to pressure the U.S. amid negotiations over its nuclear program. ALI AKBAR DAREINI (AP)



FREETHEHIKERS.ORG/AP

DETAINED IN IRAN

Shane Bauer, left, Sarah Shourd, center, and Josh Fattal, all graduates of the University of California, Berkeley, were arrested July 31 after straying over the Iranian border from northern Iraq. Their families and the U.S. government say the three were on a hiking trip and crossed accidentally.

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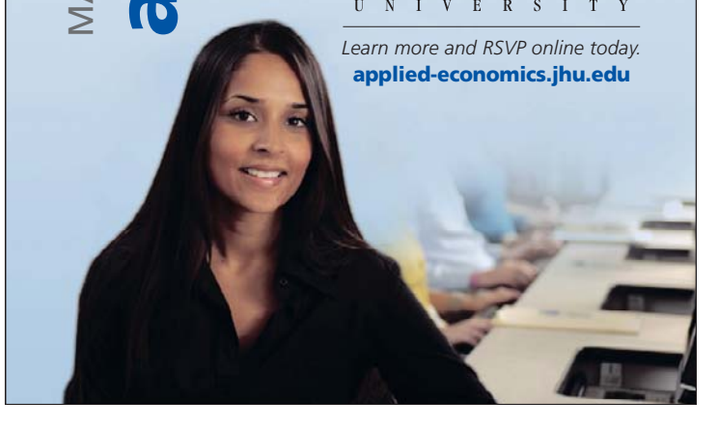
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World



OSCAR RIVERA/AFP/GETTY IMAGES

A boy passes a bus buried in mud on Monday after a landslide in Ilopango, El Salvador. Days of heavy rains triggered massive flooding and landslides in the country.

El Salvador Storm Toll Reaches 134

Victims are buried; search continues for landslide survivors

VERAPAZ, EL SALVADOR | Tears streamed down Elsy Portillo's badly bruised face as she walked Monday behind coffins carrying her mother and only child in this town buried by a massive landslide, one of a series that killed at least 134 people nationwide.

Portillo's body was flung repeatedly against the walls as she fought to keep her 7-year-old son from being swept away in the powerful river of mud, boulders and floodwaters overtaking their home in the pre-dawn hours Sunday.

The 40-year-old woman said she lost everything she had lived for. "My little angel was taken away," she said, sobbing.

Days of heavy rains unleashed massive flooding and mudslides across the mountainous Central American country Sunday.

Hurricane Ida's presence in the Caribbean last week may have played a role in drawing the Pacific low-pressure system toward El Salvador, said Dave Roberts, a Navy hurricane specialist at the U.S. National Hurricane Center in Miami.

47

The number of people who were still missing in El Salvador on Monday after extensive floods and landslides.

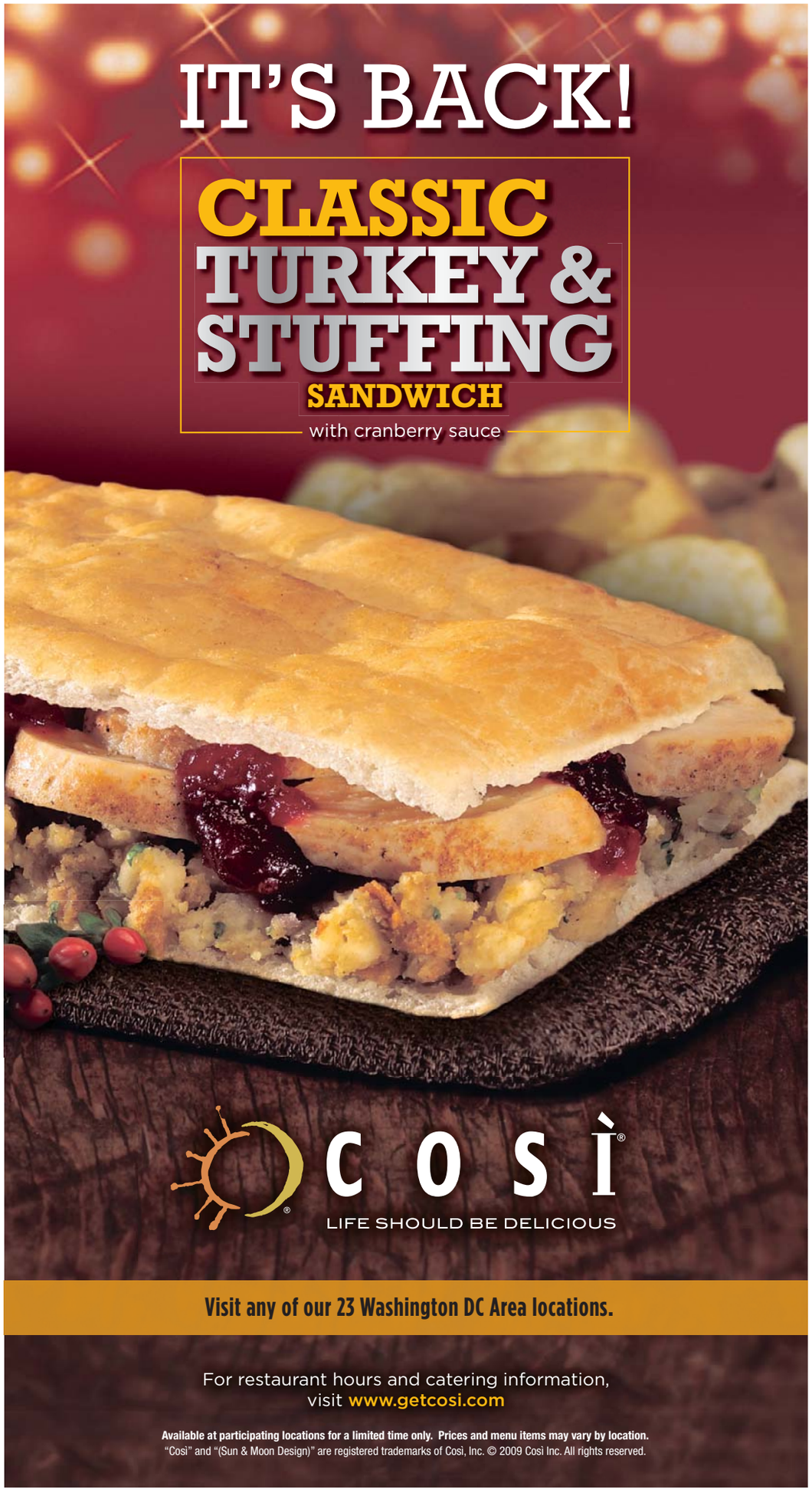
Soldiers and townspeople continued digging through rock and debris to search for those missing, but hopes dimmed with each passing hour. MARCOS ALEMAN (AP)

Somali Pirates Attack an Oil Tanker

NAIROBI, KENYA | Somali pirates attacked an oil tanker and fired automatic weapons and rocket-propelled grenades Monday farther out at sea than in any previous assault, suggesting that pirate capabilities are growing.

Pirates in two skiffs fired at the Hong Kong-flagged BW Lion about 1,000 miles east of the Somali coast, the European Union Naval Force said.

The tanker's captain increased speed and took evasive maneuvers, avoiding the attack, the force said. No casualties were reported. (AP)



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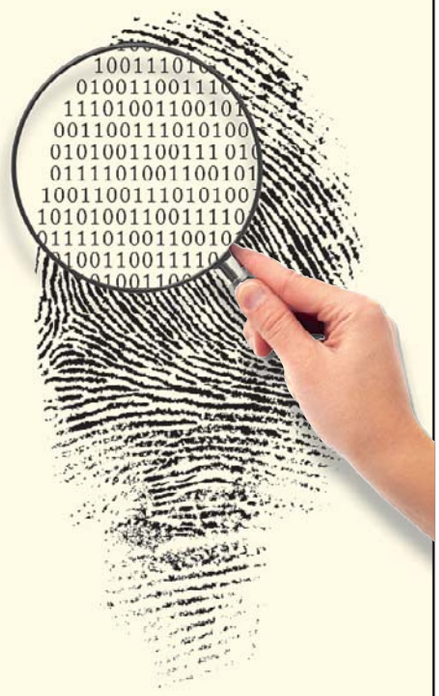
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World

Tiny Dress, Huge Uproar in Brazil

University reinstates student after expelling her over skimpy attire



LETICIA MOREIRA/FOLHA IMAGEM/AP

Geisy Arruda poses in the short dress she wore to a class before her expulsion.

SAO PAULO | A Brazilian women whose short, pink dress nearly caused a riot at a private college and led to her expulsion will be allowed to return to class.

The private Bandeirante University backed down Monday on its decision to expel 20-year-old Geisy Arruda after a flood of negative reaction in a nation where skimpy attire is common. Videos of students ridiculing her and making catcalls Oct. 22 made her an Internet sensation.

Just hours after the Brazilian government sought an explanation from the university, its dean released a notice that he was reversing the decision to expel Arruda.

The Education Ministry had given the university 10 days to clarify its reasoning for kicking out Arruda, who had to put on a professor's white coat and was escorted away by police amid a hail of insults from other students.

A video of the incident was posted on YouTube and made headlines across Brazil. The university's decision to expel the student Sunday prompted complaints from the national student union and the country's minister in charge of women's policy.

Sao Paulo state prosecutors had said they would investigate what led to the university's decision to expel Arruda, and the student later told reporters through her lawyer that she was going to sue the teaching institution in hopes she could finish the semester there.

The dean's note gave no reasons for why the decision was being overturned. TALES AZZONI (AP)

WEST BANK | REFLECTIVE MOMENT



MUHAMMED MUHEISEN/AP

TAKING A BREAK: A young Palestinian shepherd rests while tending to his flock of sheep in a field in the West Bank city of Ramallah on Monday.

Local

Report: D.C. Walkers Safe

Study says pedestrians at less risk than in 31 other areas nationally

WASHINGTON | A national transportation coalition concluded Monday that dozens of other metropolitan areas are more dangerous for pedestrians than Washington, just hours after a car struck and killed a man as he crossed a street in Suitland, the latest in a troublesome number of local pedestrian deaths.

Although 180 pedestrians were killed by cars here in the past two years, walking in Washington is less dangerous than in 31 other areas, according to calculations released by Transportation for America, a transportation advocacy group.

Cities that came of age in the postwar era, when the car reigned as king, are far more dangerous places to walk, the study said. Boom cities including Orlando; Tampa-St. Petersburg, Fla.; Houston; Atlanta; Las Vegas and Phoenix ranked among the 20 worst for walkers.



RICKY CARIOTI/TWP

Areas that came of age after the post-World War II car boom are more dangerous to walk, the study said. Older cities like D.C. are more likely to be pedestrian-friendly.

"Many of these communities were designed after World War II with the automobile in mind," said Anne Canby, executive director of the Surface Transportation Policy Partnership.

Horse-and-buggy-era cities, many of them in the Northeast, are better places to travel safely on foot. Washington, Philadelphia, Pittsburgh, New York and Boston all ranked in the bottom half of the 52 metropolitan areas with populations of more than 1 million.

Geoff Anderson, co-chairman of Transportation for America, said almost 12 percent of traffic fatalities involve pedestrians, and 2 percent of transportation spending is used to improve pedestrian safety. ASHLEY HALSEY III (THE WASHINGTON POST)

EPA to Overhaul Chesapeake Bay Cleanup Effort

The Obama administration, trying to exert a new kind of oversight on the Chesapeake Bay watershed, announced Tuesday its plans to get tougher with states that don't clean their water fast enough.

This plan, officially a "draft strategy," explains how the U.S. Environmental Protection Agency intends to follow up on an executive order President Obama signed in May.

Federal officials said they would seek ways to overhaul a 25-year, nearly $6 billion cleanup effort, which has failed to ease the Chesapeake's problems with pollution-driven "dead zones." DAVID A. FAHRENTHOLD (THE WASHINGTON POST)

The Lotteries

Monday, Nov. 9

DISTRICT	
Mid-day Lucky Numbers	8-9-0
Evening Lucky Numbers (Sun.)	3-9-9
Mid-day DC 4	1-3-9-3
Evening DC 4 (Sun.)	4-9-7-7
Mid-day D.C. Five	4-7-6-8-4
Evening D.C. Five (Sun.)	4-1-6-7-6
Daily 6 (Sun.)	3-10-15-28-31-38 (24)

MARYLAND	
Mid-day Pick 3	7-8-7
Evening Pick 3 (Sun.)	0-4-1
Mid-day Pick 4	3-8-8-0
Evening Pick 4 (Sun.)	5-8-0-4
Match 5 (Sun.)	4-25-27-31-35 (5)

VIRGINIA	
Mid-day Pick 3	8-2-3
Evening Pick 3 (Sun.)	0-6-3
Mid-day Pick 4	5-1-1-6
Evening Pick 4 (Sun.)	7-5-5-3
Mid-day Cash 5 (Sun.)	2-17-23-24-34
Evening Cash 5 (Sun.)	2-8-18-25-30

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

HEARSAY | CONDOLENCES

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Local

Nature All Too Real at Zoo

Visitors watch lions attack deer after it strayed into their den

WASHINGTON | A deer that jumped a wall at the National Zoo was fatally injured by two lions Sunday as dozens of startled spectators looked on.

Zoo spokeswoman Pamela Baker-Masson described the incident as highly unusual. It began about 2:50 p.m. as visitors lined the perimeter wall of an enclosure that contained two female lions, and it involved a deer that may have entered from Rock Creek Park.

"Everyone was cheering, 'Go, go, go'" to encourage the deer to reach safety, witness Josh Shpayher said. "Everyone was rooting for the deer."



JACQUELYN MARTIN/AP

Nababiep, front, and Shera attacked a deer on Sunday at the National Zoo.

As recounted by witnesses, the deer, over as much as 20 minutes, was in and out of a moat as the lions clutched, clawed or swatted it. A crowd grew. Some shrieked, cried out or took children away.

As the episode neared its end, one lion dragged the deer to a stairwell area. The deer, a female, broke free and bounded toward the moat, the lion in pursuit.

Zoo personnel sent visitors away and got the lions indoors. With the enclosure empty, the deer left the moat on its own. It was anesthetized, and specialists determined it would die of its injuries. The deer was then euthanized. MARTIN WEIL (THE WASHINGTON POST)

Volunteers Needed
for Influenza Study
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Doctors at the National Institutes of Allergy and Infectious Diseases at the National Institutes of Health (NIH) in the Department of Health and Human Services are conducting a research study that will look at aspects of influenza infection (the flu). We are seeking male and female volunteers older than 2 years of age for this research study.

In order to participate, volunteers need to have a positive clinical diagnostic test for the flu within the past 2 months and must be able to safely undergo blood draws as well as nasal washes.

The date when you were diagnosed with the flu will determine your eligibility for the study. There will be no cost to you, and volunteers will be compensated for their participation.

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New Year, Old Va. Tech Approach

Greenberg's team has to regain its defensive form for ACC success

COLLEGE BASKETBALL | Persecution complexes are common around ACC basketball programs that lack fabled pedigrees, but Virginia Tech Coach Seth Greenberg is hoping to use his to motivate his team's play on the court.

Last season, the Hokies missed the NCAA tournament for the second straight year, in large part because of defensive breakdowns, particularly late in games. This season, Greenberg has stressed a return to a defense-first approach, playing with "a chip" when the opponent has the ball.

"It goes back to the culture of our program when we got into this league," Greenberg said of Virginia Tech's gritty attitude. "We're still the school that no one wanted."

Since Greenberg came to Blacksburg before the 2003-04 season, defense has been the bedrock of Virginia Tech's program. Greenberg said defense has been the key to the Hokies' success because "we're not playing with nine McDonald's all-Americans like Duke and Carolina."

"We don't have the luxury," Greenberg said. "Our margin of error is smaller, so we have to do all the little things."

In preseason practices, Greenberg has tried to establish that scrappy mentality. The Hokies have a list of "absolutes" that need to happen each time the players are on the court. Among them: take a charge, be first to the floor for loose balls, hustle in defensive transition. The coaches chart the players' effort in those categories.

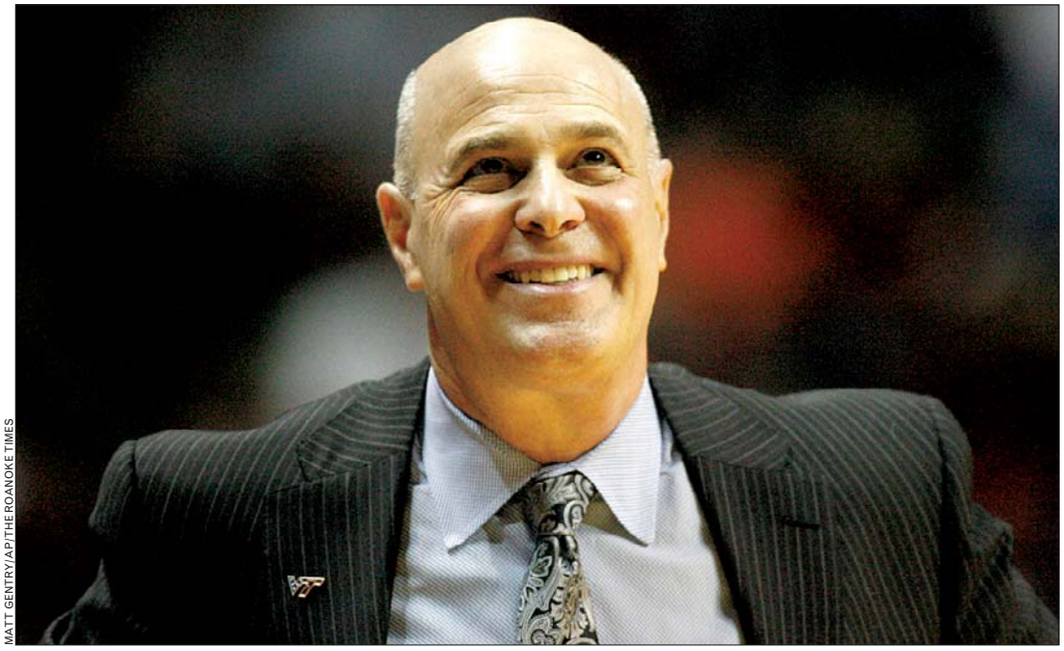
The absolutes, Greenberg said, are "things that are the essence of what makes us good when we're good. How prideful, how good we are in terms of doing all those little things we need to do to win."

Before last year, the Hokies finished no worse than fourth in the ACC in scoring defense in the four seasons it has played in the league. Virginia Tech finished first in scoring defense in 2007-08 and second in that category twice. It also finished second in field goal percentage defense in 2007-08 and fourth in that category a season earlier.

But last year, the Hokies got away from that defense-first ethos. Virginia Tech ranked eighth in the ACC in scoring defense (70.7 points per game) and sixth in field goal percentage defense (42.1 percent).

One reason in particular Virginia Tech will need to rely on its defense is because of the loss of last season's leading scorer, A.D. Vassallo, who averaged 19.1 points per game.

"With A.D. leaving, we're going to lose a lot of points," said Delaney, the Hokies' leading returning scorer (18.1 points per game). "Last year, we got away from what Virginia Tech basketball is." MARK VIERA (THE WASHINGTON POST)



MATT GENTRY/AP/THE ROANOKE TIMES

"We're still the school that no one wanted. ... We're not playing with nine McDonald's all-Americans like Duke and Carolina."

SETH GREENBERG, VIRGINIA TECH HEAD COACH

HOOPS '09-'10: VIRGINIA TECH

LAST SEASON:
The Hokies missed the NCAA tournament for the second year in a row, after posting an 18-14 record. After winning one NIT game, their season ended with a loss to Baylor.

THIS SEASON:
Seth Greenberg wants his defense to recapture its tenacity. Before last year, the team had finished no worse than fourth in scoring defense in its four years in the ACC.

KEY PLAYER:

Malcolm Delaney, Jr., is the Hokies' offensive leader (18.1 ppg) and rarely leaves the court (36.9 minutes per game).

2007
The last time the Hokies made the NCAA tournament; they had a regular season record of 21-11.

6
The number of Hokie losses last season — out of 15 total — that came on the final shot. Coach Seth Greenberg said the losses "eat at me."



BASEBALL The Knuckler Returns ESPN.com reports that the Boston Red Sox have thrown out pitcher Tim Wakefield's one -year option and replaced it with a two-year agreement. Wakefield's deal is worth $5 million over the two years: $3.5 million in 2010 and $1.5 million in 2011, according to sources. The contract replaces a perpetual $4 million-per-season team option the Red Sox had on the knuckleballer. Wakefield, who underwent back surgery in October, has 175 career wins with the Red Sox.

In Brief

NFL

Chiefs Cut RB Johnson

Larry Johnson's record-breaking career as a Kansas City running back is over. The Chiefs confirmed Monday that they had run out of patience with his off-the-field problems and released Johnson the day he was due to come back from his second suspension in a year. Johnson, who turns 30 on Nov. 19, was just 75 yards away from breaking Priest Holmes' team rushing record. (AP)



DON RYAN/AP

Oregon running back LeGarrette Blount was suspended for an on-field punch.

COLLEGE FOOTBALL

Pac-10, Oregon Reinstate Suspended RB Blount

Pac-10 commissioner Larry Scott says he has approved the request from Oregon to reinstate running back LeGarrette Blount, who was suspended in September after he punched a Boise State player. Scott said in an announcement Monday that after reviewing the situation he was "convinced LeGarrette Blount paid a significant and appropriate price for the mistakes he made on the field, and that he has learned important lifelong lessons." (AP)

NBA

Wizards Backup Guard Out Five Weeks for Hand Injury

Washington Wizards backup guard Mike James is expected to miss up to five weeks with a broken bone in his left hand. The injury was diagnosed Monday, two days after James was hurt in practice. He did not play in Washington's 102-90 loss to the Phoenix Suns on Sunday. (AP)

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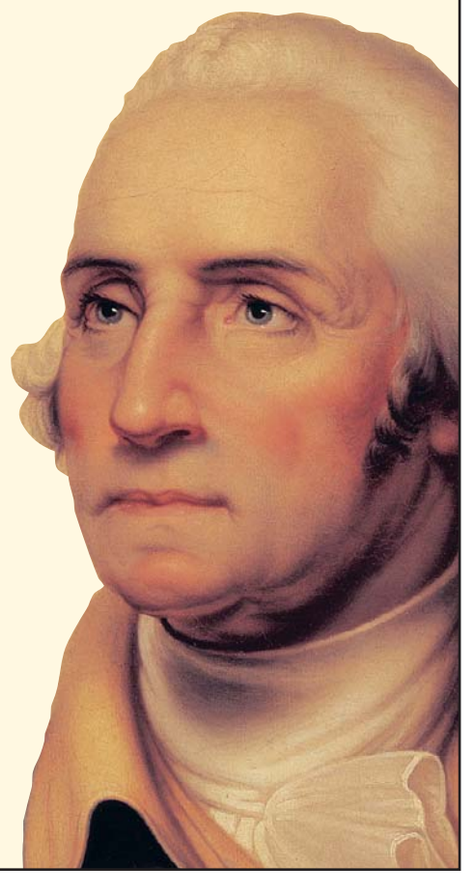
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Sports

Redskins Shuffle Lineup

Injuries to Williams, Horton, Portis leave team scrambling

REDSKINS | The Washington Redskins are rearranging their lineup again after losing their strong safety and right tackle to multi-week injuries.

In addition, Clinton Portis is recovering from a concussion and is doubtful to play in next week's game against Denver.

Safety Chris Horton damaged a ligament in his left big toe during Sunday's 31-17 loss to Atlanta. He's out a minimum of four to six weeks — and it will be four to six months if a specialist decides the toe needs surgery.

Offensive lineman Mike Williams, who has started the last four games, is out two to four weeks after tearing a ligament in his ankle.



JONATHAN NEWTON/TWP

Clinton Portis left Sunday's game with a concussion. He's doubtful for next week.

Portis took a helmet-to-helmet blow as he was tackled at the end of a running play during the first quarter on Sunday. He will undergo a test Tuesday to help determine his availability for the Broncos game.

"He still doesn't remember the play," coach Jim Zorn said Monday. "We have to be very cautious with a concussion."

Zorn said season-ending injured reserve is a possibility for both Horton and Williams. The Redskins are already without left tackle Chris Samuels and right guard Randy Thomas, both on IR, and tight end Chris Cooley is out at least two more weeks with a broken ankle.

Zorn said Stephon Heyer will move back to right tackle and that Levi Jones will start at left tackle against the Broncos. JOSEPH WHITE (AP)

NFL to Review Falcons-Redskins Sideline Altercation

REDSKINS | The NFL is looking into Sunday's dispute between Washington Redskins cornerback DeAngelo Hall and members of the Falcons near the Atlanta bench.

League spokesman Randall Liu said the incident will be reviewed for possible discipline. Hall was surrounded by Falcons players and coaches after teammate LaRon Landry was whistled for a late hit on quarterback Matt Ryan Sunday. Hall claimed Atlanta coach Mike Smith tried to put his hands on him "in a harmful way." (AP)

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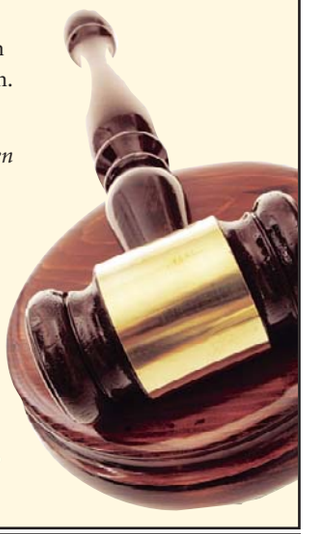
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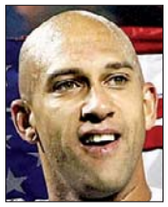
Sports

Donovan to Miss Friendly

Galaxy star will play with club instead Sat.; Howard left off roster



Donovan



Howard

SOCCER | Forward Landon Donovan will be among those missing when the United States plays Slovakia in an international friendly on Saturday.

The Los Angeles Galaxy player will instead be with his club team when it faces Houston on Friday in the Major League Soccer playoffs.

United States coach Bob Bradley also bypassed goalkeeper Tim Howard. He instead selected Brad Guzan, Marcus Hahnemann and Troy Perkins on Monday for his 22-man squad.

Hahnemann hasn't made an international appearance since October 2007.

Eddie Johnson also was picked. The Fulham forward has 12 goals in 37 international appearances but hasn't played for the national team since a June 2008 World Cup qualifier against Barbados. (AP)

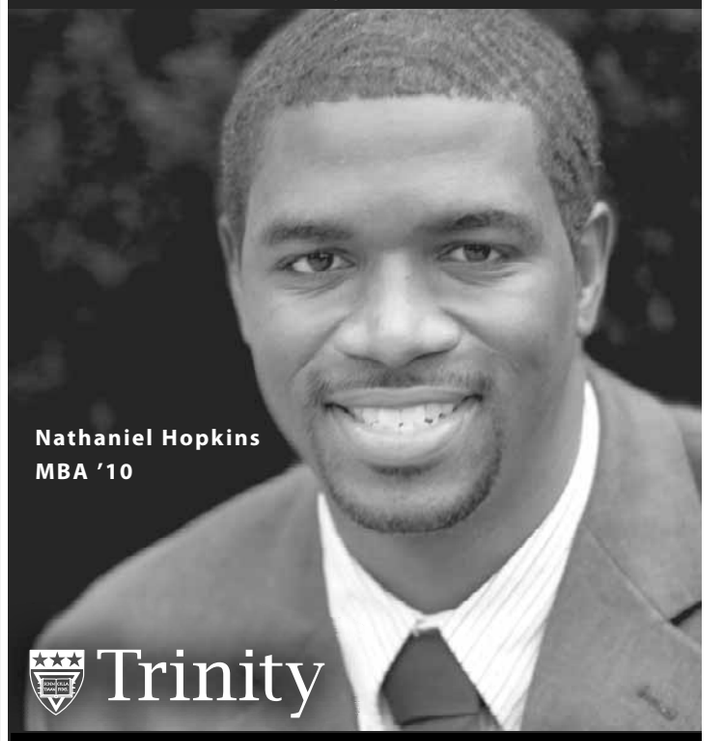
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ALEX LIVESEY/GETTY IMAGES

CLASS ON GRASS: Cameron Jerome of Birmingham City celebrates scoring his team's second goal in the Barclays Premier League match against Liverpool at Anfield in Liverpool, England, Monday. The teams played to a 2-2 draw.

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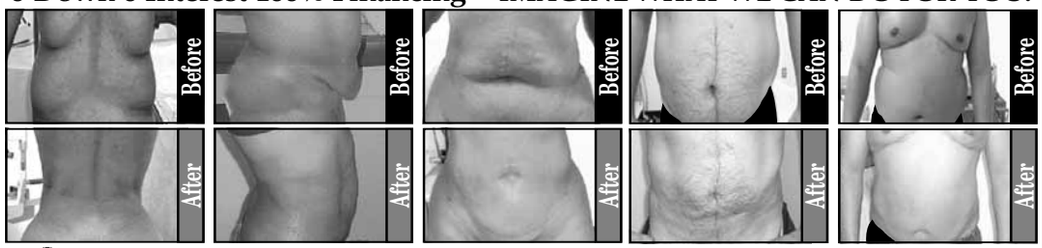
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Sports



BEN MARGOT/AP

Grizzlies guard Allen Iverson, left, was granted an indefinite leave of absence from the team to deal with a personal matter. He has played in three games this year.

Grizzlies Owner Is Unsure on Iverson

Heisley says he hopes star guard will return after leave of absence

Memphis owner Michael Heisley says he is not sure of what Allen Iverson's plans are, though he hopes Iverson returns to the Grizzlies soon.

Heisley granted the 10-time All-Star permission Saturday for an indefinite leave to deal with a personal matter. The Commercial Appeal newspaper reported Monday that Iverson is contemplating retirement.

Heisley told The Associated Press on Monday that he doesn't know what's in Iverson's head and thinks Iverson still can play another three NBA seasons. However, Heisley says the 34-year-old Iverson is struggling playing at what the guard feels is less than his previous best. The owner says he spent two days in California talking with Iverson and hopes his biggest star can get his personal life in order. (AP)

TODAY'S TV LINEUP

WIZARDS (7:30 P.M. ON CSN) Washington looks to end a four-game losing streak on the road against the winning Miami Heat.

COLLEGE FOOTBALL (7 P.M. ON ESPN2) Frank Solich and the Ohio Bobcats travel to Buffalo in a Mid-American Conference East Division showdown.

HOCKEY (7 P.M. ON VERSUS) The injury-riddled Penguins close out a four-game road trip against Zdeno Chara and the struggling Bruins.

3.1 **THE QUARTERBACK RATING OF** the Cleveland Browns' Derek Anderson in the fourth quarter this season. Coach Eric Mangini has not revealed whether Anderson will start next week. (AP)



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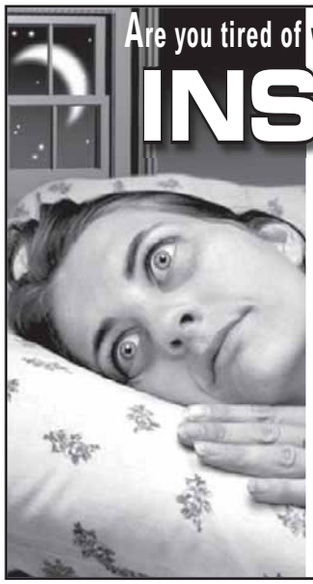
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Chocolate and spa services make for a sweet combo **E6**





How more of the same might help your workout **E4**

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WHAT TO EXPECT WITH MASSAGES AND OTHER PRENATAL PAMPERING TREATMENTS **E7**

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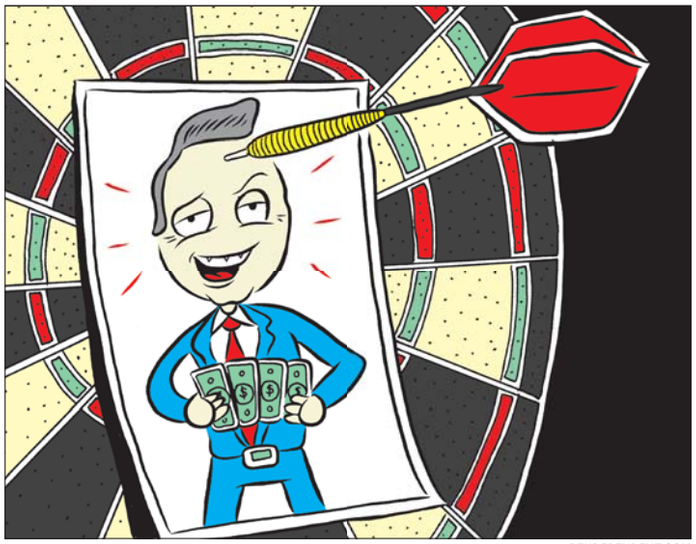
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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

With Friends Like These, Say You're Too Busy

Q I think I've managed to do pretty well for myself, and I've worked very hard for what I have. But I have a financially well-off friend who's pointed out that all my problems are related to money (with the subtext that if I dated him, that wouldn't be a problem). I am not an acquisition piece for hire. He expects me to rearrange my schedule to hang out with him and attend his parties for 100 as part of our friendship. Conversations with him consist of his dating travails and how his schedule reflects spending time with people who will be useful to him. He's finally gotten the point that he shouldn't stop by my apartment unannounced, but what was once a friendship is now a series of dreaded interactions. The egotism — combined with a moral code in many ways opposite of mine — make me want to have nothing to do with him. How do I rid myself of him without turning into the same type of jerk he is? – NO NAME, PLEASE



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I wonder whether, in your desire not to be a jerk, you've made yourself into a bowl of jelly. By all means, if you don't feel respected by someone and you "dread" interactions with him, pull the plug. He'll no longer expect you to attend his parties if you stop coming to them. You won't have to endure annoying conversations with him if you don't partake in them. He got the point about stopping by; he'll get the point about your friendship's heading out to pasture if you simply start spacing out your contact.

You need not be rude; you simply grow "busier" and decline invitations. Don't forget that in relationships, you have the power not just to do something, but to not do something, too.

Consider the Weight of Words

Q My sister most likely has eating disorder, but my parents refuse to see it. She still lives at home (she is under 18), and they are doing nothing to make this better. Is there a way that I can force them to get her into treatment? – CONCERNED

Most likely, the word "force" won't have a role in this at all. Persistence and sensitivity are key. Keep talking to your parents, gently, in a way that won't make them quite so defensive. (Often, parents can deny the hardest, because it's scary to face what could have been done differently.)

Talk to your sister directly, not about weight or size or eating, but about general concerns that she doesn't seem happy and doesn't seem like her old self. (Harping on numbers or specific behaviors will just push her deeper underneath her shell, and also contribute to the existing problem — the belief that someone should be defined by how they look or what they eat.) If you're not seeing movement, you should talk to her school guidance counselor or family doctor. But most of all, try to nourish your connection with her; ultimately, it might come down to her faith in you that makes the difference.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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NEW IN HEALTH warm ups

SHOE-IN

The dude version of "looks like a pump, feels like a sneaker" is clearly Rockport DresSports ($150, Rockport.com). The super lightweight, limited-edition shoe got the ultimate test in the New York City Marathon — Andy Baldwin of "The Bachelor" donned them and still reached the finish line in 3:21:33.



NUTRITION BITES

A "nutrition square" isn't as yummy as a candy bar, no matter how mouthwatering the description. So while the new ZonePerfect Indulgence line ($6.99 for four, Drugstore.com) includes chocolate peanut butter mousse, you'll taste the 10 grams of protein and not a Reese's. But that'll keep you from overindulging.



TREAD LIGHTLY

Slow down to speed up weight loss, promises Nautilus with its space-agey Mobia ($1,999, Mobia.com). The two separate "treadles" force each foot to walk while stepping for a low-impact, high-intensity workout. Minimalists will dig the design and that there are only four buttons: on, off, speed up, down.



THE BUZZ

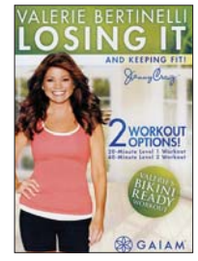
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GUINEAPIG

Bertinelli's Back On Your TV Set

When Valerie Bertinelli posed in a bikini on the cover of People, it was only a matter of time until her first DVD came out. Say hi to "Losing It and Keeping Fit" ($14.98, Gaiam), which features the former teen star and trainer Christopher Ross Lane.



Doesn't his name make him sound annoying? Actually, he's not so bad — although he focuses too much on lunges and squats. But Bertinelli will just not shut up, which slows down the flow of exercises. (We get that you like to banter. Now get back to work!)

In terms of the routines, they're well geared toward beginning exercisers (or more advanced ones taking it easy). But the difference between the 20-minute level 1 workout and the 40-minute level 2 workout aren't so great, especially because the latter is actually just 28 minutes. Hmm.

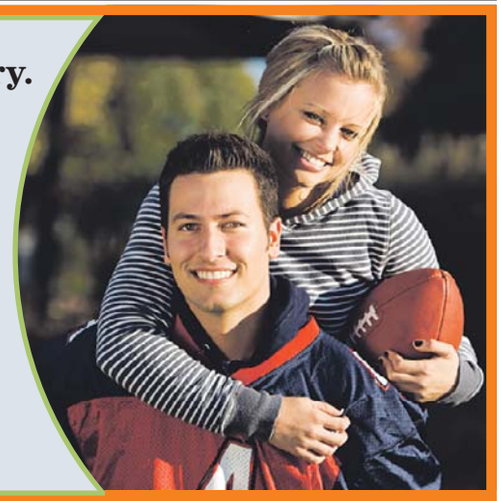
But Bertinelli, 49, for all of her incessant yammering, is definitely still an inspiration. We just think you'd be happier watching it on mute.

VICKY HALLETT (EXPRESS)

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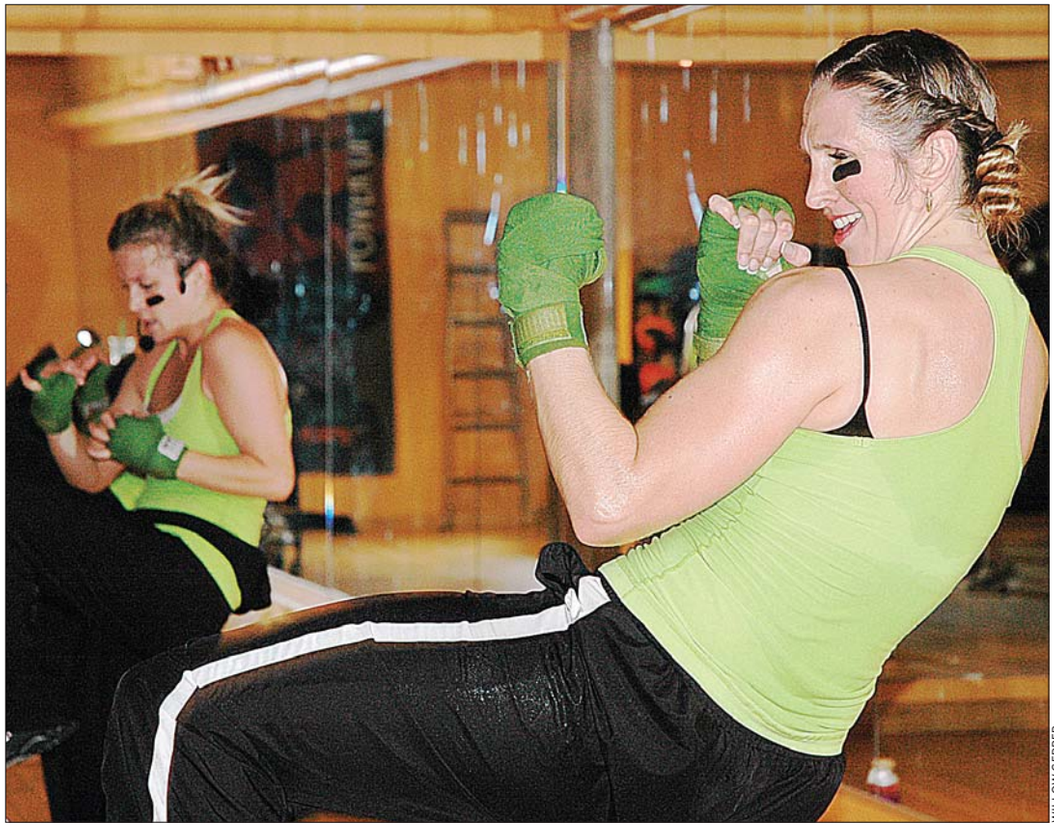
ISTOCK

Mint Smells, but in An Aromatic Way

■ It's generally not the best idea to inhale deeply when you walk into a gym. If the air doesn't reek of various body odors, it's likely going to smell like chemical cleaners. But Jo Anna Hawthorne, spa manager at Mint Fitness (1724 California St. NW; 202-328-6468; Mintconditionyourself.com), was determined to breathe easier at work.

"Because of cold season, staff members were spraying Lysol everywhere. That bothers my senses," Hawthorne says. So, the essential oils expert decided it was time to introduce the club to a blend that could ward off germs while pleasing everyone's noses: cloves, cinnamon, rosemary, eucalyptus and lemon. The combo is called "Thieves" because that was reportedly what a band of bandits used during the bubonic plague to protect themselves while robbing the dead and dying.

While it's unclear whether Thieves can ward off H1N1 as powerfully, it sure does smell good. Exercisers can get a hint of it coming out of oil diffusers — which look like mini alien orbs that glow and shoot off mist — now placed strategically around the club, or they might sniff it when they hop on a just-cleaned machine. (Mint is also using a Thieves-based all-purpose cleaner.) If anyone becomes hooked on the aromas, they're in luck. Hawthorne hopes to be hawking a retail line of Thieves products within the next few weeks. V.H.



WILLOW GERBER

Adriane Morgan, right, and other fitness instructors introduce Vida members to Body Training Systems' Group Kick program.

Attack of the Clones

But classes that are alike might be exactly what gym goers want

No matter what gym you're in, a treadmill will operate basically the same way. Ditto for a set of hand weights. But when you walk into a group exercise studio for the first time, there's usually no way of really knowing what you're going to get — and that's a problem for the folks in charge, who want to ensure you'll never leave bored or frustrated.

"Group exercise is about members, not the instructor. If the name of the class is the same, no matter who's up there, it should be the same class," says Adriane Morgan, group fitness director for the local Vida chain (Vidafitness.com). So, in the past few months she's introduced Group Centergy, Group Step, Group Power, Group Kick and Group Groove. It's the D.C.-area debut for the programs developed by Body Training Systems (BTS), an Atlanta-based company that gives instructors new music, moves and teaching techniques every three months, freeing them to focus on the experience.

It's ideal for someone such as Kelly Charles, who's taught yoga and Budokon but had never led a dance class until she was in front of the room last week when Vida debuted BTS' Group Groove. "For me, group exercise is a whole different style of movement. I can't stop and fix someone's alignment in the middle of class," she says. "BTS trained us on everything — the styles, the body language. As a teacher, it's made it easier to get up here."

Terry Browning, president of BTS, compares instructors to artists. "Most singers aren't songwriters. It's not often that's it's all by one person," he says. And the stronger the material is, and the less overworked the instructor is, the better the class is bound to be, he adds.

If this concept sounds familiar, you've probably heard of Les Mills, a company that first developed the idea of standardized fitness classes in New Zealand nearly 20 years ago, starting with barbell-based Bodypump. The program is hugely popular in Australia and much of the rest of the world but hasn't caught on in quite the same way in the U.S., despite launching here more than a decade ago.

Erin K. Kelly, owner and CEO of Les Mills Mid-Atlantic, says that's because BTS — which distributed Les Mills programs before striking out on its own in 2005 — didn't know how to penetrate the market. In the past three years, Les Mills has grown 150 percent in the region, expanding from mostly commercial health clubs to a wider audience of corporate gyms, college fitness facilities and YMCAs.

And its newest home is Washington Sports Clubs (Mysportsclubs.com), which is running a pilot to see whether Les Mills makes sense here, and at other East Coast clubs owned by parent company Town Sports International. "The most important thing in the industry is retention. If we can keep members motivated, they'll stay," explains Tim Keightley, vice president of fitness and personal training for the company. Consistency from an internally proven program, he suspects, will make that happen.

> **"The most important thing in the industry is retention. If we can keep members motivated, they'll stay."**

Browning counters that BTS' program is better suited to an American audience, both in terms of music and structure. For Morgan, the Vida decision came down to attitude. "Les Mills is sleek and sexy, but it's too hip. It's about making instructors rock stars," she says. "BTS is fun and hip, too, but it's about meeting your fitness goals."

In the end, it's a matter of personal preference. But the real question is how much these companies can shift the gym-going experience for members.

"We're not here to take over your schedule," Kelly promises. Both Vida and WSC have no plans to give up entirely on "freestyle" classes, the ones led by instructors who want to have control over the whole process. Keightley says it's a mix of the two formats that will appeal to the greatest number of exercisers — and him. "Sometimes I like to know what I'm getting," he says. "And sometimes I like to be surprised and delighted."

VICKY HALLETT (EXPRESS)

What the Menu Means

The skinny on how restaurants can trick you into ordering more fat and calories

Restaurant language is littered with ambiguities, embellishments and euphemisms. Use this dictionary to decode the jargon and save yourself time, money and a whole lot of empty calories.



ISTOCK

The short version: Blackened and roasted are good; crispy and breaded are bad.

BLACKENED: Covered in a piquant blend of spices such as paprika, onion powder, cumin and cayenne pepper and then grilled or pan seared. It's a healthier way to enjoy big flavor without adding excessive calories.

CREATE YOUR OWN: The safest or most dangerous phrase you'll find on a menu, depending on how you play it. Mexican menus feature this prominently, and if you choose wisely (crunchy tacos, enchiladas), it could be your safest strategy. But freewheeling pizza and pasta creations require restraint.

CRISPY: The restaurant industry's euphemism of choice for breaded and deep-fried fare. Expect it to carry a massive load of fat and excess calories.

ITALIAN COLD CUTS: A term used to denote any mix of the following cured meats: ham, salami, capicola, prosciutto, bologna, mortadella and sopressata. High in fat and sodium, Italian-style sandwiches are always among the worst you'll find in a deli.

LIGHTLY BREADED: The phrase most restaurants use to distract diners from the fact the food they're about to eat has been rolled in flour, egg and bread crumbs before taking a dip in a vat of hot oil.

PAN PIZZA: Synonymous with "deep dish," meaning your pizza is too large and topping-laden to be cooked in the traditional manner. Expect slices of pan pizza to be up to 50 percent more caloric than their regular-size counterparts.

PRIME: A term doled out by the USDA that means a piece of beef is sufficiently marbled, i.e., strewn with intramuscular fat. Only 3 percent of beef processed in the U.S. receives this rating, and most goes to restaurants. If your steak is prime, count on it to pack 50 percent more calories.

> Just because the Japanese call it 'tempura' doesn't make battering and deep-frying any healthier.

ROASTED: Another way of saying "baked." Oven-cooking generally requires the use of less oil and butter than sauteing, making it one of the healthiest ways to have your vegetables, meat and fish prepared.

SECRET SAUCE: In the vast majority of cases, this refers to a spread of about 80 percent mayonnaise and 20 percent ketchup. Expect it to add an extra 120 calories to your sandwich.

SUPERSIZE: Term used specifically by McDonald's to indicate an increase in the size of french fries and soda that come with a combo meal. Other establishments have since adopted other terms to denote the same. Regardless of the moniker used, research shows that, on average, an extra 17 percent more money will buy customers 55 percent more calories, making upsizing a sound investment in flab.

TEMPURA: The Japanese version of battering and deep-frying. And just like the American version, it smothers vegetables and seafood alike under a fat-loaded armor of crispy flour.

VINAIGRETTE: A vinaigrette is technically a dressing made from three parts oil and one part vinegar. While generally better for you than the viscous white dressings (ranch, Caesar, blue cheese), many restaurant vinaigrettes pack up to 300 calories per serving, so keep it on the side and use sparingly.

WRAP: A "healthy" alternative to a sandwich. The problem is the typically tortilla packs up to 300 calories and provides ample surface for a surplus of cheese and dressing. All told, the average chicken wrap weighs in at 600 calories — about 50 percent more than the average grilled chicken sandwich. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

EATING IN

CHICKEN AND SHIITAKE MUSHROOM LO MEIN

45 MINUTES; SERVES EIGHT

FOR THE SAUCE:

- **1/2 CUP** reduced-sodium chicken broth
- **2 TSP** cornstarch
- **2 TSP** dark soy sauce
- **1 TSP** light brown sugar
- **1 TSP** oyster sauce

FOR THE STIR-FRY:

- **16 OUNCES** whole-wheat spaghetti
- **1** egg white
- **2 TSP** cornstarch
- **1 TSP** dark soy sauce
- **4 TSP** peanut oil, divided
- **1 LB** boneless, skinless chicken breasts, cut crosswise into 1/4-inch slices
- **1 MEDIUM** yellow onion, halved and cut into thin slices
- **8 OZ.** shiitake mushrooms, stems removed, sliced (about 2 cups)
- **2 MEDIUM** carrots, peeled and cut into matchsticks (about 1 cup)
- **1** red bell pepper, cored and thinly sliced
- **6 SCALLIONS**, cut into 3-inch pieces, then sliced lengthwise
- **4** cloves garlic, minced
- **2 TSP** grated fresh ginger

PREPARATION

1. To make the sauce, in a small bowl, whisk together the broth, cornstarch, dark soy sauce, brown sugar and oyster sauce. Set aside.



LARRY CROWE/AP

2. To prepare the stir-fry, bring a large pot of salted water to a boil. Add the spaghetti and cook according to package directions. Drain and set aside.
3. Meanwhile, in a medium bowl, whisk together the egg white, cornstarch, dark soy sauce and 1 tsp of the oil. Add the chicken and mix thoroughly.
4. In a large nonstick skillet or wok, heat 1 tsp of the oil over medium-high. Swirl the oil to coat the bottom of the pan. Add the onion and stir-fry, until softened, about three minutes.
5. Add the mushrooms, carrots, bell pepper and scallions. Stir-fry until the vegetables are softened, about five minutes. Transfer to a serving platter and set aside.
6. Return the skillet to medium-high and add another teaspoon of the oil. Swirl the oil to coat the bottom of the pan. Add the chicken in an even layer and cook for three minutes. Turn the chicken and cook, until no longer pink in the center, about the three minutes more.
7. Push the chicken to the sides of the pan and add the last teaspoon of oil to the center. Add the garlic and ginger and stir-fry until fragrant, about 30 seconds. Stir the reserved sauce to recombine and add to the center of the pan; cook until the sauce begins to bubble and thicken, about two minutes.
8. Add the cooked spaghetti to the pan, along with the reserved vegetables. Toss to coat with sauce and continue cooking, until the lo mein is heat through, about four minutes more. Transfer to the serving platter. (AP)

329 calories, 23 g protein, 54 g carbs, 4 g fat, 33 mg cholesterol, 185 mg sodium, 7 g fiber

fit | Looks

SKINDEEP



ISTOCK

Better Than Chocolate

Chocolate and spa treatments have been paired together before, but the combo has never been quite as enticing as "Sweet Spa," a series of pampering parties co-hosted by Co Co. Sala and Elizabeth Arden Red Door Spas. The first is Nov. 17 at the patisserie/cafe/lounge (6 p.m.-8 p.m., 929 F St. NW; Cocosala.com, register by today at Events@coco-dc.com).

For $85, customers can down desserts and sip champagne while aestheticians give fall makeup tips and manicures in autumn colors such as reds, browns and jewel tones.

"These are two indulgences that women really enjoy," says Kelly Bigel, regional spa sales specialist for Red Door (Reddoorspas.com). "There's a definite therapeutic element [with both]. Whether you're treating yourself to a manicure or you're having something sweet that just melts in your mouth, it just is a good feeling."

Overindulgence will be tempting, but "it's not about the size," says Nisha Sidhu, co-owner of Co Co. Sala. "It's really about being able to enjoy everything in moderation, to have small bites. You want to feel pampered, you want to feel satisfied during an event like this but you don't want to feel like somebody has to roll you out. It's definitely indulgent, but it's really just about feeling good."

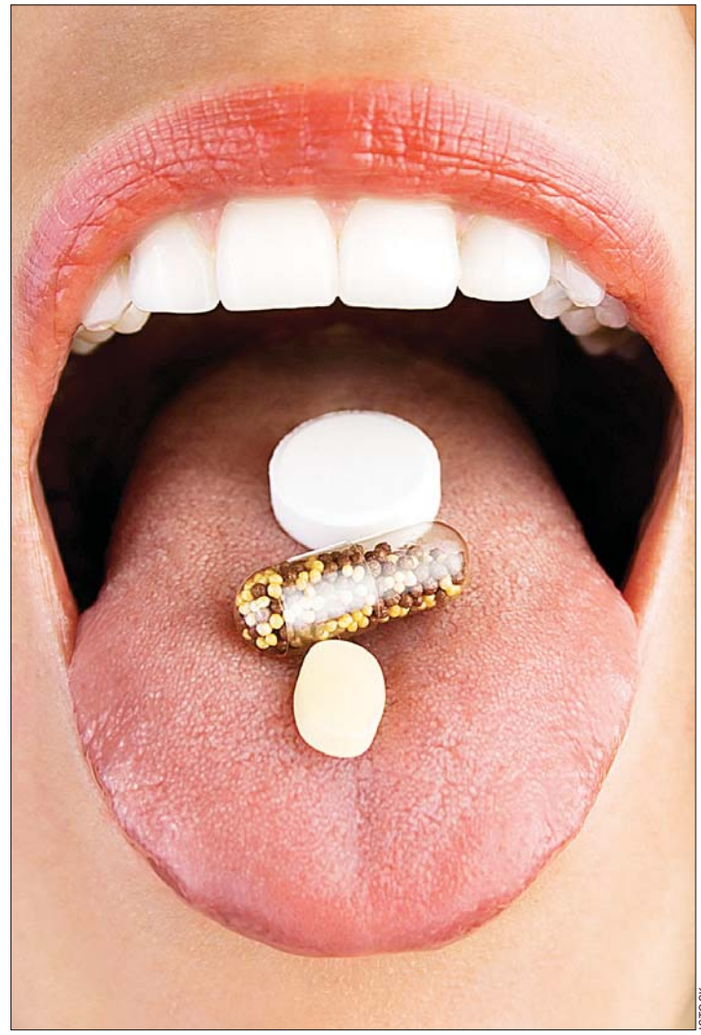
As with the makeup colors, expect the dessert menu to reflect the season, like pumpkin cheesecake lollipops. Beauty buffs know the gourd is a good source of vitamin A, which happens to do wonders for the skin. Pretty sweet.

STEPHANIE KANOWITZ

Pop a Pill for Prettiness

Here's the scoop on the slew of new and edible beauty products

They say beauty comes from within — and several companies are putting that theory to the test, offering pills and drinks that promise gorgeous hair, skin and nails. Six testers, plus nutritionist Susan Kraus of Hackensack University Medical Center and Beverly Hills dermatologist Ava Shamban, see whether they live up to the hype.



ISTOCK

Tan From Within

RODIAL SKINNY BEACH SUPPLEMENT DRINK MIX ($59 FOR 14 PACKETS, BLISSWORLD.COM)

THE CLAIM: Beta-carotene stimulates the pigmentation in your skin to darken while shielding you from UVB rays.

HOW IT USE IT: Mix one packet of powder with 100 milliliters of water one to two times a day. Your tan will develop after two weeks.

TESTER SAYS: "I did get a bit bronzed, but I'd hoped for more dramatic results."

KRAUS' TAKE: "The beta-carotene could stimulate pigmentation, giving skin a golden hue. But you still need to wear SPF 30 sunscreen daily, because the product won't provide the protection you need."

Boost Overall Beauty

SONYA DAKAR ULTIMA POWER SHAKE ($59, SONYADAKARSKINCLINIC.COM)

THE CLAIM: Each 150-calorie shake provides a full daily serving of protein, carbohydrates, dietary fiber, healthy fat, vitamins and minerals to promote a healthy body, and improve hair and skin.

HOW TO USE IT: Blend two scoops of Ultima Power into 8 ounces of chilled water twice daily. You should see results in two weeks.

TESTER SAYS: "It tasted like a strawberry milk shake! My skin was smoother, my hair shinier; and by replacing snacks with the shakes, I started losing weight."

SHAMBAN'S TAKE: "This product definitely has all the right ingredients, and it's good for you."

Brighten and Even Out Skin Tone

GLISODIN SKIN NUTRIENTS ADVANCED SKIN BRIGHTENING PILLS ($80 FOR 60 PILLS, SPALOOK.COM)

THE CLAIM: Bioflavonoids (citrus-plant-derived antioxidants) promote even skin tone by inhibiting activity of tyrosinase, the enzyme responsible for hyperpigmentation.

HOW TO USE IT: Take two pills daily with a meal. You'll see results after two weeks.

TESTER SAYS: "My uneven complexion did start to look a little less red and blotchy."

SHAMBAN'S TAKE: "I really like this line — it's nicely formulated and packed with antioxidants."

Clear Up Acne

FUNCTIONALAB PURE SKIN PILLS AND NUTRIENT TONIC SHOT ($55 PER BOTTLE, $6 PER TONIC, FUNCTIONALAB.COM)

THE CLAIM: The pills contain lactoferrin and selenium, nutrients that exfoliate skin, maintain hormone balance and regulate the skin's oil production. The shots protect against free radicals with ingredients such as blueberry and acai.

HOW IT USE IT: Depending on the severity of your acne, take one to two capsules a day with meals. You can use the tonics as often as you want.

TESTER SAYS: "My acne-prone skin wasn't quite so oily."

KRAUS' TAKE: "It may help alleviate acne, but you would get the same results by eating apricots for vitamin C; dairy products for lactoferrin; nuts and whole grains for zinc and vitamin E; and tuna for selenium."

Increase Skin Hydration

CRYSTAL LIGHT SKIN ESSENTIALS DRINK MIX ($3.29 FOR SEVEN PACKETS, AT GROCERY STORES)

THE CLAIM: Lutein and zeaxanthin (pigmented nutrients derived from natural plant extracts), and vitamins A, C and E help enhance skin elasticity and hydration.

HOW TO USE IT: Empty one packet into two cups of water twice a day.

TESTER SAYS: "It comes in pomegranate lemonade and white peach tea flavors — both of them tasted great. And my skin felt slightly less dry than usual."

KRAUS' TAKE: "The lutein and zeaxanthin contain antioxidants, which maintain the balance of your skin."

Turn Back the Clock

BEAUTYSCOOP DRINK MIX ($95 FOR 21 PACKETS, BEAUTYSCOOP.COM)

THE CLAIM: The lipids and peptides in this vanilla-flavored formula boost the body's regenerative power, reducing the appearance of fine lines.

HOW TO USE IT: Mix one 20-gram pack into 4 to 8 ounces of any drink once a day for three weeks.

TESTER SAYS: "I was surprised to wake up in the morning and have hydrated skin (it's normally dry), which made my wrinkles less visible."

SHAMBAN'S TAKE: "It has plenty of vitamins, minerals and antioxidants. Your body absorbs the powder faster than it does pills, so you may see results sooner." ALEXIS FARAH

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ISTOCK

Massages for Mommy

Rubdowns can help cure the aches and agony of pregnancy

Ah, the joys of pregnancy — hearing the heartbeat for the first time and stockpiling teeny-tiny outfits. But there is the other stuff: the backaches, the stretched-to-their-limits ligaments, the swollen hands and feet. With prenatal massage promising to alleviate those pains and then some, it's no wonder expectant moms are drawn to the spa.

According to studies by the American Massage Therapy Association, pregnancy massage is one of the most popular specializations among massage therapists. Among the issues massage is said to help are back and joint pain, circulation, muscle tension, nerve pain and insomnia. Advocates also tout massage's ability to quell edema, or swelling, especially in the hands and feet.

But does it really do all that?

Definitely, says Deborah Wickenheiser, a therapist certified in pregnancy massage at the Teal Center for Therapeutic Bodywork at Virginia Hospital Center in Arlington (1701 N. George Mason Drive; Tealcenter.com). "It helps overall with keeping the immune system active and in good shape," she says.

Maybe, says John Larsen, chairman of the Department of Obstetrics and Gynecology at George Washington University. "If they mean you'll have less ankle swelling, I don't know about that," he says, "But you can certainly have major improvement in the aches and pains of pregnancy."

And that's the main thing, says Emily Barton, a nurse practitioner at Georgetown University Hospital's Department of Obstetrics and Gynecology. "It helps with general sore muscle and ligament pain that comes with pregnancy. Those would probably be the top two factors that we would recommend massage for," she says.

The differences between prenatal and other types of massage are subtle, with the biggest being positioning and level of pressure. Rather than lying on an ever-expanding stomach, clients lie on their sides. And while a deep-tissue massage might sound appealing to counteract those battered back muscles, masseuses use a lighter touch on your more sensitive system.

> **"Everything kind of gets** squished in there with the baby, especially the further along you get."

Avoid hot-stone treatments, too. "We don't want the patient's core body temperature rising," Barton says.

"There's a lot of little nuances working with moms," says Wickenheiser, who uses a technique called myofascial release. It focuses on the fascia, or thin connective tissue that coats muscles. "We want to release that fascia so it's not stuck anymore so that you can actually be more straightened."

Another common pregnancy plague is sciatica, compression of the sciatic nerve in the back of the leg. To ease it, Wickenheiser crosses her arms, pushing the rib cage upward with one hand and the hip on the same side down with the other hand.

"Everything kind of gets squished in there with the baby, especially the further along you get," she says. "The idea is we're opening up the rib cage, we're opening up the back so that it can move and do what it's supposed to do."

Massage is safe during all trimesters, Larsen says. But high-risk patients should get the all-clear from their physicians before making an appointment.

Make sure the therapist is certified by the local board, Barton adds. In D.C., the licensing body is the District of Columbia Board of Massage Therapy within the Department of Health. Contractions, pain and overheating (from blankets or massage oils) are warning signs that the massage should stop, she continues.

Beyond allaying aches and pains, massage can be a last chance for relaxation before the baby arrives. "The pregnant lady feels better, and we follow the general philosophy that a happy mother makes for a happy domestic relationship and ongoing peace and tranquility," Larsen says.

So, go ahead. Dim the lights and play those soothing nature tunes — doctor's orders.

STEPHANIE KANOWITZ

YOURCONDITION

With Child — and Needles

■ If stripping down and being rubbed by a stranger isn't your thing, massage isn't the only holistic therapy pregnant women can turn to for relief. Acupuncturists and chiropractors also promise to diminish aches and pains naturally.

Acupuncturists use needles to penetrate the skin at points corresponding with certain parts of the body and manipulate them by hand or electrical stimulation. The process can help morning sickness, insomnia and fatigue, says Tracy Hackett, a Washington-area acupuncturist who runs Eastern Holistic Arts (Easternholisticarts.com).

"Your body is like an organized system of energy," she says. "It all systematically works together through bioelectrics. That's what acupuncture stimulates."

Proceed with caution, however. "There are certain points that are avoided during pregnancy," says Lisa Eaves, president of the Acupuncture Society of the District of Columbia. Spots on the inside of the ankle, the little toe, the abdomen and the top of the shoulder could trigger uterine contractions and labor, she says.

Have a fear of needles? Chiropractors use spinal manipulation to control pain. During pregnancy, "there's alterations that occur in every system in the body, including in the musculoskeletal system," says Bonnie S. Hillsberg, a chiropractor with offices in Woodley Park (3000 Connecticut Ave NW; Dcbonedoctor.com). "This is a very good time for a chiropractor to come in and work with the system to make sure that the pelvis is balanced so that the uterus is able to enlarge symmetrically with the baby."



Acupuncture and chiropractic work are generally safe for pregnant women, says John Larsen, chairman of the Department of Obstetrics and Gynecology at George Washington University.

Make sure the practitioner knows about your condition, adds Emily Barton, a nurse practitioner at Georgetown University Hospital's Department of Obstetrics and Gynecology, and "look for someone who's board-certified in whatever specialty you're looking for." S.K.

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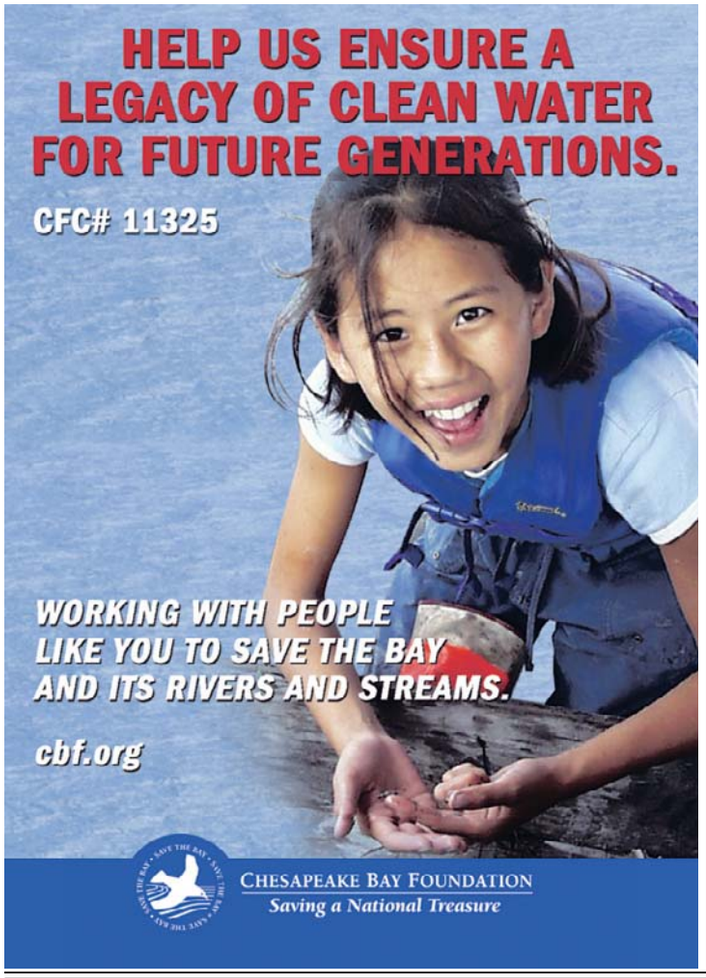
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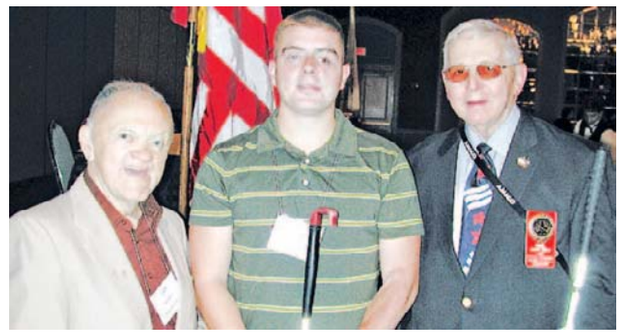
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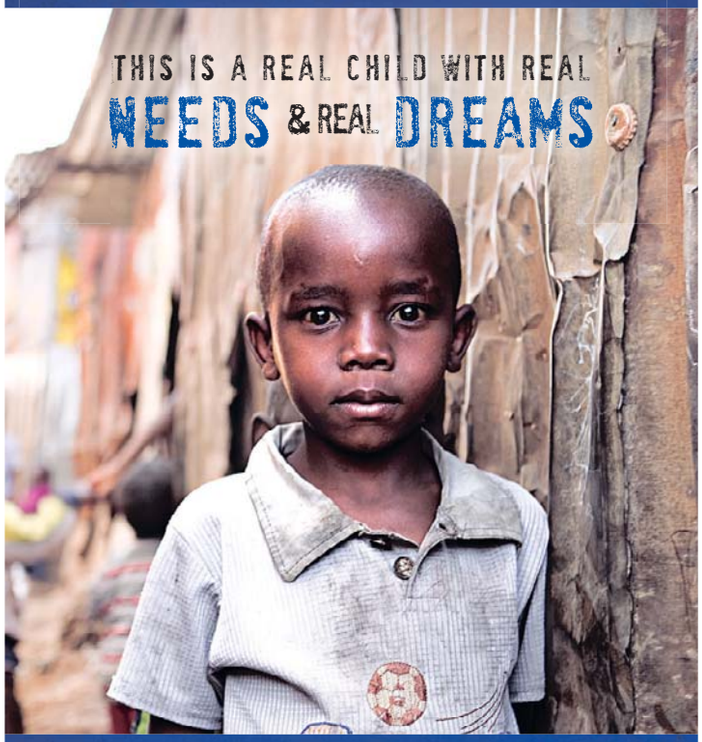
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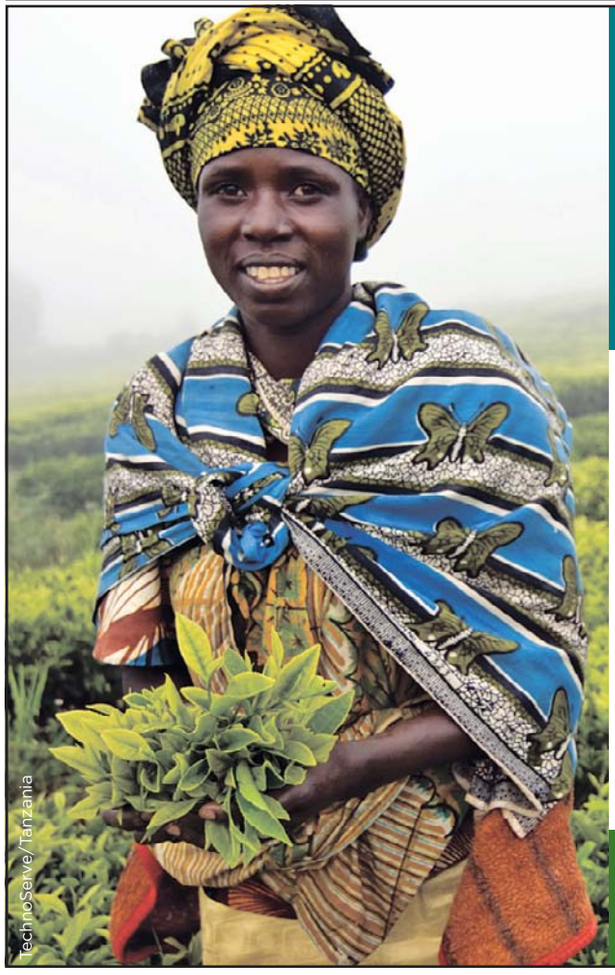
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- Choice of Patio or Balcony

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Capitol Heights EHO

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First Come-First Serve
1 Bedrooms from $799.00
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$300 MOVES YOU IN
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Clifton—$1,300 + elec, 2 BR, 2 BA, 1031 sf gr lvl condo, **Hlth Fac, Pool,** DW, WD, porch, **parking,** new WW Crpt, fresh paint, **703-981-9081**



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DC NW. - Large 1BR apt. newly remodeled. Near Walter Reed. $800/mo. Call **(202)234-4320 or (202)302-7435**

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3200 E St.
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some restrictions may apply
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Steps away from everything
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Apartments from $1200
Great Location, Close to I-495, Fairfax Hospital, New Merrifield Town Center, Tysons Corner Center and Fairview Park.

- Washer & Dryer in each Apartment
- WE PAY, water, gas cooking, gas hot water
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- Some Units Newly Renovated
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- Bus Stop at Entrance

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*We Pay Gas and Water**

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1 BR $765 - 2 BR FROM $898

- Large swimming pool/tennis courts
- Walking distance to shopping
- Beautiful manicured lawns
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- Window in kitchen & bath
- Controlled building access
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877-221-7315
www.theparkforest.com
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ALL UTILITIES INCLUDED*

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$739 – $1206
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FORESTVILLE, MD 20747
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All utilities included
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- Walk-in closets
- Full equipped kitchen
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- Convenient to 495 & 295

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All Apts. $100.00 Off per month*

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- On-Site Metro Shop
- Wall-to-Wall Carpet
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- Picnic Areas
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888.867.0906

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1BRs $650
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Electric/Gas Not Included

Close to public transportation & shopping center

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$99 Security Deposit w/approved Credit
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- Free 6 week summer camp
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MAXIMUM INCOME LIMITS

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Renovated 1 bedroom apts!
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Showing apts. 7 days a week!
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OXON HILL SFH, 3Br, 2Ba, $1500.
Call **301-627-6223**

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1 & 2 BRs fr $770
- Walk to Metro/Tennis Courts
- W/W Carpet or Hardwood avail
- Keyed entry ways
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- **$20 APPLICATION FEE***

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3BR, 3 lvl. TH located in Potomac, MD renting for only $1362/mo.! Master BR, W/D, near shopping, dining, & major highways. Income restrictions apply. Leasing Office located in Rockville, MD. Call today at 301-762-5455.

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Silver Spring, MD 20910
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- All Utilities Included
- Largest floor plans in the area
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- FREE gas cooking & hot water
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*on select apts for qualified applicants

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SE- 3122 BEAUNA VISTA TERR- Newly renovated 3 BR Apt. Central air & heat, Washer dryer, dish washer, w/w carpet, section 8 ok $1800/mo CALL Jerome 202-321-5596

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Free Gas and Hot Water
Close to Metro, schools & and shopping!

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SE

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2BR Starting From $865
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- Newly Renovated
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*** $500.00 Off 1st months rent on 1 BRs!**
*** No application fee!**

- Completely Renovated
- Large rooms w/wall to wall carpet
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*Call Immediately!
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Near Bolling AFB

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SE

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- 24HR Emergency maintenance
- Adjacent to 295, 395 & the Capital Beltway

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SE

Wilmington Place
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Open House 11/12/09
8AM-7PM

1BR Special starting @ 710
2BR Special starting @$810

1-877-649-7731

- Spacious Floor Plan
- Hardwood Floors
- Walk-in Closets
- Walk to Metro

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SE

Worthington Woods
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1-888-790-1840

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8AM-7PM

1BR Starting @ $745
Free Application Fee!

Ask About Our Extended Summer Hours
Totally Renovated Property
New kitchens & bathrooms
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Laundry facilities on-site
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Adjacent to 295, 395 and the Capital Beltway
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SE

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Laurel, MD 20708
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RENTALS

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* Fabulous Views of the City

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Sec Dep. starting@ $99
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2 Months free rent*

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Studio $1500 1BR w/den$1750
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- New Appliances
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- New Clubhouse,fitness & business center

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*on select apts. Call for details

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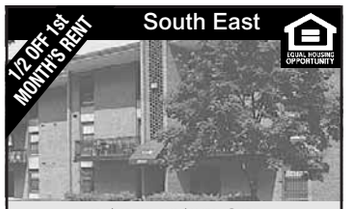
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Daddy Dearest
Levi Johnston plans to seek joint custody of his son, Tripp | 42



MICHAEL N. TODARO/GETTY IMAGES

Jon Bon Jovi's still "Livin' on a Prayer."

Those Old, Familiar Sounds

Bon Jovi makes a return to its original style on 'The Circle'

MUSIC | The fiddles and banjos have been packed away and the steel guitars, presumably, stolen. In their place is a return to the unflappable optimism that has made these Jersey guys legends in the rock biz. In short, Bon Jovi is back!

"The Circle" is the follow-up to 2007's wildly successful but country-fried "Lost Highway," which was a jarring sonic detour for the heroes of the New Jersey Turnpike. Thankfully, Jon Bon Jovi and co. are keeping the faith with the still-developing but oh-so-recognizable sound that has been the band's trademark.

They come full circle on "Work for the Working Man," which just as easily could have been titled "Livin' on a Prayer II."

Throughout it all, "Hell, yeah!" has replaced "Hee Haw." And as they say in New Jersey, that's a good thing, capece? WAYNE PERRY (AP)

Celebrate the Number 40

Big Bird's puppeteer and countless kids have spent decades on 'Sesame Street'

INSTITUTION | Big Bird is leaving Sesame Street!

Or, that's what he decides on the "Sesame Street" season opener. A rapping real-estate agent pitches him on migrating to a new habitat ("habitat," the episode's "Word on the Street"). After sizing up a beach and a swamp for his new habitat, Big Bird chooses a rain forest.

But then he comes to his senses with a musical number.

"Sesame Street is my habitat!" he sings. "Sesame Street is my home!"

> **"There's a rule with puppetry: If it's comfortable, you're probably doing it wrong."**

Indeed, Big Bird — that towering 6-year-old — has been calling Sesame Street home for four decades, ever since the show premiered on Nov. 10, 1969.

Now, as it marks its 40th anniversary tonight on PBS (check local listings), he remains an essential member of the flock.

He is still brought to life by Caroll Spinney, who also plays trash-can denizen Oscar the Grouch.

Handpicked by Muppet-meister Jim Henson, Spinney was 35 when "Sesame Street" began. He turns 76 the day after Christmas.



MARK LENNIHAN/AP

HE'S A LIFER: Beneath this big yellow facade is Caroll Spinney, who has been operating the Big Bird puppet since the show first began airing, on Nov. 10, 1969.

Tonight, the series starts its new season with episode 4187, which features the letter H and, naturally, the number 40.

The program is kicking off "My World Is Green & Growing," a two-year science initiative designed to increase positive attitudes toward nature and the environment.

With that in mind, first lady Michelle Obama visits Sesame Street to plant vegetable seeds with Elmo and several young flesh-and-blood gardeners.

Then Big Bird steps up.

"Wow, did I just hear right?" he says. "The first lady eats seeds? I love seeds!" Not exactly, says Obama, but "I do eat what grows from these seeds."

On the set, Spinney encases himself in the feathered yellow body and head before each scene is taped. A tiny television monitor harnessed to his chest lets him glimpse the outside world. He recites Big Bird's lines as his upraised right hand supports the head and animates its mouth and eyes.

"There's a rule with puppetry: If it's comfortable, you're probably doing it wrong." Spinney laughs.

With no sign of slowing down, Spinney says he aims to keep at it as Big Bird and Oscar.

"I still have the job, and I have contracts for the future in hand," he says with a smile, "and I'm delighted." FRAZIER MOORE (AP)



CASTING **He's on Board** Jake Gyllenhaal is in negotiations to star in the sci-fi thriller "Source Code." The project marks the first production for Philipe Rousselet's Vendome Pictures, a banner the international film veteran launched this year. Duncan Jones, who helmed this year's sci-fi sleeper "Moon," is attached to direct. The project centers on a soldier who wakes up in the body of a commuter and must solve the mystery of a train explosion. Production is scheduled for next year. (THE HOLLYWOOD REPORTER)

A Good Thing Comes Together

Scribe Chinua Achebe condenses his pieces on Africa into a sad, deeply poignant read

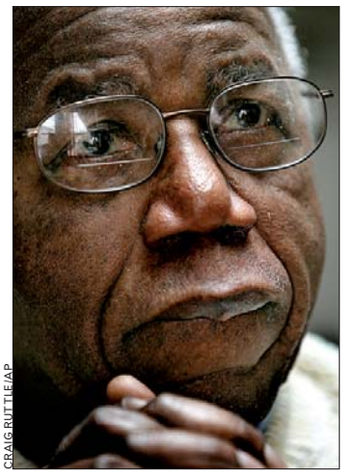
BOOK | Nigerian author Chinua Achebe's new book, "The Education of a British-Protected Child" ($24.95, Knopf), his first in 20 years, is not especially new. And maybe that's part of the point.

"The Education of a British-Protected Child" is a collection of essays that share as their backdrop the tangled, tortured history of colonial Africa. Most are also 10 or more years old, culled from Achebe's writings and speeches over the years.

This could have the effect of making the collection feel dated. Sadly, in this case, it does not. Instead, it seems to highlight a persistency in Africa's troubles, a complicated bundle that Achebe both dissects and laments.

Few writers have more authority on this topic. The Nigerian-born writer's 1958 novel, "Things Fall Apart," is perhaps the most famous work of African fiction ever written.

There's plenty of pluck and fight in this collection. In one essay, "Africa's Tarnished Name," Achebe



CRAIG RUTTLE/AP

Author Chinua Achebe is best known for his 1958 novel "Things Fall Apart."

renews a fight with no less than writer Joseph Conrad. Achebe was once spellbound by Conrad's "The Heart of Darkness," he writes, before discovering it for what he says it was: "poisonous writing, in full consonance with the tenets of the slave trade-inspired tradition of European portrayal of Africa."

Achebe's ire is not always aimed outward. There are sharp critiques of Africans' mismanagement of Africa. Achebe is likewise just as comfortable starting a literary row with a fellow African as he is with Polish-born Briton Conrad.

Beyond the general link of Africa, the only thing tying these pieces together seems to be Achebe's whims. It feels as though he has many, many thoughts on Africa, and here are a few of the most salient.

This is a small complaint, though, about what is ultimately a sturdy collection of set pieces about a perennially under-covered continent. Few voices know it better than Achebe, and few are willing to tackle its intricacies so totally.

> Few voices know [Africa] better, and few are willing to tackle its intricacies so totally.

HENRY C. JACKSON (AP)

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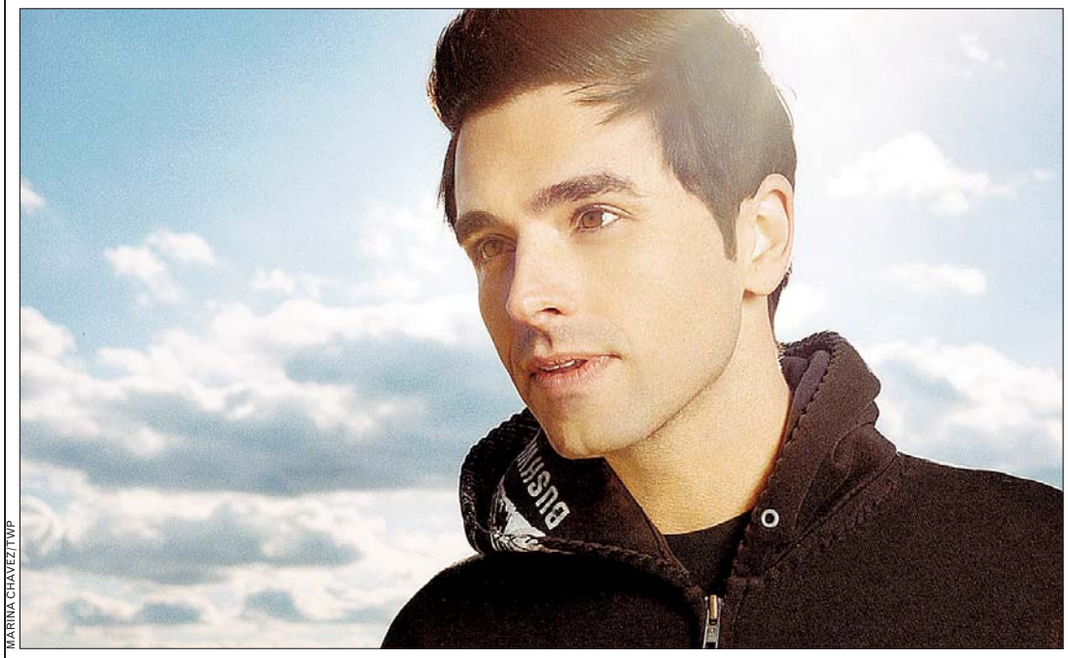
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WeekendPass makes the weekend noteworthy.
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lookout entertainment



MARINA CHAVEZ/TWP

SERIOUS SNOOZE-FEST: Dashboard Confessional's Chris Carrabba would benefit from putting pep into his musical step.

Alteration Needed

Dashboard's 'Alter the Ending' relies too heavily on old tricks and weepy ballads

MUSIC | Dashboard Confessional's main man, Chris Carrabba, has made a career of putting out depressing, lovelorn singles that find their way onto many a sad emo kid's iPod playlist. But don't be misled by the title of Dashboard's latest, "Alter the Ending" — there's nothing altered, changed or varied about the group's sixth album. Instead, Carrabba sticks to his tried-and-true formula for weep-happy ballads and, 12 tracks later, you're stuck with little more than the same heartache hangover.

Carrabba's pained wails on the 2002 hit "Screaming Infidelities" seemed genuinely heartfelt, while the up-tempo swagger of 2004's "Vindicated" (from "Spider-Man 2") was a solid middle finger to all naysayers — but most of the songs on "Alter the Ending" sound like subpar knockoffs of these.

"Get Me Right" starts things encouragingly, with a Southern rock, almost Conor Oberst-like twang as Carrabba talks about "limping on broken bones" and nursing his "sinner's heart." Though it's a bit of a heavy-handed lyrical delivery, the country twinge takes it out of strictly emo-pop territory and ends up being the best song on the CD because of Carrabba's genre-bending.

expressnightout

➜ For more of this review and to hear songs from "Alter the Ending," please visit our Web site.

WWW.EXPRESSNIGHTOUT.COM

The same praise can't be given to any of the album's other tracks, however, as "Alter the Ending" takes a turn for the worse with the next song, "Until Morning," where Carrabba turns his normally crystal-clear voice into something strange, strained and almost guttural. It simply doesn't work.

Dashboard's familiar acoustic style comes further into play as the album progresses (and there's a deluxe edition that has non-electric versions of every song). But by the second half of the CD, it becomes a snooze-fest, as a series of ballads are like cookie-cutter renditions of "Screaming Infidelities." Carrabba says it himself on the track "The Motions" — he's going through them, and if you're looking for a risk, "Alter the Ending" is not it. ROXANA HADADI



CASTING **Mind-Expanding Drugs** Bradley Cooper is set to star in "Dark Fields," a thriller from Relativity Media. The story follows a down-and-out writer (Cooper) who gets his hands on a top-secret pharmaceutical drug that makes one smarter. He experiences sudden financial and social success but soon discovers that the drug has lethal side effects. (THE HOLLYWOOD REPORTER)

Soul Music's Secret Life

The Numero Group brings a group of little-known artists to the 9:30 Club

MUSIC | Eccentric Soul Revue would seem like an unlikely sell. A '60s-style soul revue, it features obscure artists who recorded decades ago with little success and perhaps even less recognition. They can't play hits, because they had none; they can't bring in their fans, because they had none of those either. And yet, this is one of the most intriguing tours of the season and possibly one of the hottest tickets.

"Getting people to care is the most difficult part," admits Ken Shipley, who co-founded the Numero Group, the reissue label that oversees the Eccentric Soul series of reissues. "You're selling something that people just don't know. It's just so different from making a record. You make a record and you just wait for people to find out about it. If it takes five years, who cares? On this tour, if people don't find out about it, they can't go back and buy it later."

The Eccentric Soul Revue is just another means of getting this old music out to new listeners. Toward that end, the show is very much in the spirit of the 1960s. "Numero wouldn't just do a show, in the same way that we wouldn't just do a record," Shipley says. "It has to be up to our standards of quality."

Each show will be specially organized to highlight acts from that city's long-disappeared scene. Shipley says, "We never worked with anyone in D.C., except for this kid group called Promise, and they aren't together anymore and there was really no way to put them back together." To compensate, local DJ Kevin Coombe will spin old D.C. soul records before and after the show, which will feature headliner Syl Johnson, Chicago vocal group the Notations, Renaldo Domino, and J.C. Brooks & the Uptown Sound.

STEPHEN M. DEUSNER

→ *9:30 Club, 815 V St. NW; 7 p.m., $25; 202-265-0930. (U St.-Cardozo)*

expressnightout

→ For more on the Numero Group and to watch clips of Eccentric Soul Revue talent, please visit us online.

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COURTESY THE NUMERO GROUP

Syl Johnson headlines tonight — he's been active on the soul scene since 1959.

REGAL ENTERTAINMENT GROUP

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (140 240 420 520) 700 800 930 1030
CHRISTMAS CAROL (PG) ★ (1240 320) 600 840
MEN WHO STARE AT GOATS (R) - ID REQ'D (220 450) 720 950
THE BOX (PG-13) (120 400) 650 940
THE FOURTH KIND (PG-13) (230 500) 740 1020
MICHAEL JACKSON: THIS IS IT (PG) ★ (150 330 430) 630 730 1010
OC: MICHAEL JACKSON: THIS IS IT (PG) ★ (1250 PM) 910 PM
AMELIA (PG) (1230 310) 610 900
LAW ABIDING CITIZEN (R) - ID REQ'D (130 440) 750 1045
WHERE THE WILD THINGS ARE (PG) (340 PM) 610 PM 850 PM
COUPLES RETREAT (PG-13) (110 350) 640 920
PARANORMAL ACTIVITY (R) - ID REQ'D (1235 300 530) 820 1040
ASTRO BOY (PG) (100 PM)

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1145 210 430) 700 930
CHRISTMAS CAROL (PG) ★ (1230 255 515) 745 1015
THE FOURTH KIND (PG-13) (1215 300 530) 800 1030
MEN WHO STARE AT GOATS (R) - ID REQ'D (1200 230 445) 730 1000
THE BOX (PG-13) (100 415) 715 1020
MICHAEL JACKSON: THIS IS IT (PG) ★ (1150 130 245 520) 710 810 1045
OC: MICHAEL JACKSON: THIS IS IT (PG) (420 PM) 950 PM
ASTRO BOY (PG) (110 350) 630 900
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (345 PM) 920 PM
SAW VI (R) - ID REQ'D (1240 250 500) 820 1045
LAW ABIDING CITIZEN (R) - ID REQ'D (120 410) 720 1010
WHERE THE WILD THINGS ARE (PG) (115 400) 640 915
COUPLES RETREAT (PG-13) (1245 340) 650 940
PARANORMAL ACTIVITY (R) - ID REQ'D (1250 310 535) 830 1040
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1220 PM) 645 PM

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

MEN WHO STARE AT GOATS (R) - ID REQ'D (100 315 530) 800 1015
THE BOX (PG-13) (115 420) 715 1000
THE FOURTH KIND (PG-13) (250 515) 745 1010
CHRISTMAS CAROL (PG) ★ (240 505) 730 955
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (210 435) 700 925
OC: MICHAEL JACKSON: THIS IS IT (PG) (410 PM) 930 PM
MICHAEL JACKSON: THIS IS IT (PG) ★ (130 230 510) 650 750 1030
AMELIA (PG) (120 355) 655 935
ASTRO BOY (PG) (245 PM 500 PM)
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) 735 PM 1005 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (110 400) 645 945
WHERE THE WILD THINGS ARE (PG) (220 PM 450 PM) 720 PM
GOOD HAIR (PG-13) (540 PM) 805 PM 1020 PM
COUPLES RETREAT (PG-13) (135 415) 705 940
ZOMBIELAND (R) - ID REQ'D 950 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (125 340 550) 815 1025
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (105 PM 320 PM)

MAJESTIC STADIUM 20
900 Ellsworth Dr, Silver Spring, MD 240-393-4826

A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (115 210 350 435) 610 700 830 925 1050
CHRISTMAS CAROL (PG) ★ (1215 240 505) 730 955
THE BOX (PG-13) (200 450) 745 1030
RW: THE BOX (PG-13) (100 340) 650 935
THE FOURTH KIND (PG-13) (140 400) 620 845 1105
MEN WHO STARE AT GOATS (R) - ID REQ'D (1200 110 220 330 440) 600 715 820 945 1040
MICHAEL JACKSON: THIS IS IT (PG) ★ (1225 225 300 500 530) 605 735 805 840 1010 1045
RW: MICHAEL JACKSON'S THIS IS IT (PG) ★ (130 405) 640 915
AMELIA (PG) (1250 355) 630 910
ASTRO BOY (PG) (150 PM 430 PM) 710 PM
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (1235 PM)
SAW VI (R) - ID REQ'D (1155 205 425) 635 850
STEP FATHER (PG-13) 940 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (135 420) 725 1020
WHERE THE WILD THINGS ARE (PG) (245 515) 750 1015
GOOD HAIR (PG-13) (310 525) 740 950
COUPLES RETREAT (PG-13) (1210 255 540) 815 1055
ZOMBIELAND (R) - ID REQ'D (1230 PM)
PARANORMAL ACTIVITY (R) - ID REQ'D (120 335 550) 800 1005
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1245 PM 315 PM)

ROYALE STADIUM 14
6505 America Blvd, Hyattsville, MD 301-864-3456

A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (210 430) 700 930
CHRISTMAS CAROL (PG) ★ (240 500) 730 1000
MEN WHO STARE AT GOATS (R) - ID REQ'D (250 510) 755 1030
THE BOX (PG-13) (125 410) 725 1025
THE FOURTH KIND (PG-13) (150 425) 650 945
RW: MICHAEL JACKSON'S THIS IS IT (PG) ★ (200 445) 745 1020
MICHAEL JACKSON: THIS IS IT (PG) ★ (100 130 345 415) 645 715 920 950
PARANORMAL ACTIVITY (R) - ID REQ'D (115 405) 655 1040
SAW VI (R) - ID REQ'D (105 435) 740 1035
LAW ABIDING CITIZEN (R) - ID REQ'D (120 420) 720 1010
COUPLES RETREAT (PG-13) (110 350) 710 1015
ASTRO BOY (PG) (155 PM 450 PM)
STEP FATHER (PG-13) 705 PM 955 PM
WHERE THE WILD THINGS ARE (PG) (205 PM 455 PM) 735 PM
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) 1005 PM

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

CHRISTMAS CAROL (PG) ★ (1250 310 535) 800 1025
THE BOX (PG-13) (140 445) 720 1000
THE FOURTH KIND (PG-13) (245 520) 750 1015
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (210 435) 700 925
MICHAEL JACKSON: THIS IS IT (PG) ★ (120 410) 650 930
ASTRO BOY (PG) (230 PM 500 PM)
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) 740 PM 1010 PM
WHERE THE WILD THINGS ARE (PG) (150 415) 640 910
COUPLES RETREAT (PG-13) (205 450) 730 1005
PARANORMAL ACTIVITY (R) - ID REQ'D (200 405) 610 815 1020
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1240 250 500) 710 920

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (210 435) 700 925
CHRISTMAS CAROL (PG) ★ (110 345) 620 850
MEN WHO STARE AT GOATS (R) - ID REQ'D (130 350) 605 820 1035
THE BOX (PG-13) (205 455) 740 1025
THE FOURTH KIND (PG-13) (250 525) 800 1035
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (100 PM 300 PM 510 PM)
MICHAEL JACKSON: THIS IS IT (PG) ★ (115 215 245 400 500 530) 645 715 745 815 930 1000 1030
ASTRO BOY (PG) (155 PM 430 PM) 650 PM
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) 920 PM
SAW VI (R) - ID REQ'D 725 PM 945 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (100 315 545) 755 1015
LAW ABIDING CITIZEN (R) - ID REQ'D (200 445) 735 1020
WHERE THE WILD THINGS ARE (PG) (220 PM 450 PM)
COUPLES RETREAT (PG-13) (135 415) 710 940

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1200 140 230 410 500) 640 730 910 1000
MEN WHO STARE AT GOATS (R) - ID REQ'D (1135 1250 200) 330 445 630 715 920 1010
THE BOX (PG-13) (100) 400 700 950
THE FOURTH KIND (PG-13) (1215 245) 510 745 1020
OC: MICHAEL JACKSON: THIS IS IT (PG) 430 PM 945 PM
MICHAEL JACKSON: THIS IS IT (PG) ★ (1150 130 240) 515 710 800 1035
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (1235 PM)
SAW VI (R) - ID REQ'D (1240 300) 540 810 1030
LAW ABIDING CITIZEN (R) - ID REQ'D (1255) 350 705 1005
WHERE THE WILD THINGS ARE (PG) (1130 155) 420 650
GOOD HAIR (PG-13) 310 545 820 1045
COUPLES RETREAT (PG-13) (1140 215) 450 740 1015
ZOMBIELAND (R) - ID REQ'D 930 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (120) 345 615 830 1040

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

CHRISTMAS CAROL (PG) ★ (130 355) 620 845
THE BOX (PG-13) (120 420) 720 1020
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1145 210 250 435 515) 700 740 925 1005
MICHAEL JACKSON: THIS IS IT (PG) ★ (1255 155 345 445) 650 750 935 1035
AMELIA (PG) (110 400) 710 1000
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (100 PM)
COUPLES RETREAT (PG-13) (125 425) 725 1025
COCO BEFORE CHANEL (PG-13) (240 505) 730 955
PARANORMAL ACTIVITY (R) - ID REQ'D (305 530) 800 1030
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (145 PM 410 PM)
THE INFORMANT (R) - ID REQ'D 630 PM 915 PM
JULIE & JULIA (PG-13) (340 PM) 640 PM 940 PM

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1205 150 240 425 515) 700 750 935 1025
CHRISTMAS CAROL (PG) ★ (100 335) 610 845
MEN WHO STARE AT GOATS (R) - ID REQ'D (1155 135 235 405 505) 640 740 910 1010
THE BOX (PG-13) (120 415) 720 1015
THE FOURTH KIND (PG-13) (1215 250 525) 800 1035
OC: MICHAEL JACKSON: THIS IS IT (PG) (300 PM) 900 PM
MICHAEL JACKSON: THIS IS IT (PG) ★ (1210 110 210 400 500) 600 650 730 810 950 1030
ASTRO BOY (PG) (200 PM)
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) 1020 PM
SAW VI (R) - ID REQ'D (430 PM) 705 PM 930 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (1130 230 530) 830
WHERE THE WILD THINGS ARE (PG) (205 PM 450 PM) 745 PM
COUPLES RETREAT (PG-13) (140 440) 740 1040
PARANORMAL ACTIVITY (R) - ID REQ'D (220 445) 710 925
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (145 PM 410 PM)

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1220 120 240 340 500) 600 725 820 950
RW: A CHRISTMAS CAROL (PG) ★ (205 425) 645 910
MEN WHO STARE AT GOATS (R) - ID REQ'D (1235 150 255 410 515) 630 740 855 1005
THE BOX (PG-13) (1250 400) 700 945
THE FOURTH KIND (PG-13) (1225 250 525) 800 1020
MICHAEL JACKSON: THIS IS IT (PG) ★ (1245 220 320 455) 615 735 900 1010
AMELIA (PG) (1230 330) 650 930
ASTRO BOY (PG) (135 PM 355 PM) 620 PM
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) 940 PM
SAW VI (R) - ID REQ'D 610 PM 905 PM
STEP FATHER (PG-13) 915 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (145 430) 715 1000
WHERE THE WILD THINGS ARE (PG) (1200 225 455) 720
COUPLES RETREAT (PG-13) (1210 325) 655 935
PARANORMAL ACTIVITY (R) - ID REQ'D (1255 305 535) 750 1020
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (130 PM 350 PM)

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

CHRISTMAS CAROL (PG) ★ (1215 140 240 405 505) 630 730 855 955
MEN WHO STARE AT GOATS (R) - ID REQ'D (1240 155 310 425 535) 650 800 915 1025
THE BOX (PG-13) (1225 125 315 415) 610 710 900 1000
THE FOURTH KIND (PG-13) (1205 235 515) 745 1015
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (210 435) 700 925
OC: MICHAEL JACKSON: THIS IS IT (PG) (330 PM) 905 PM
MICHAEL JACKSON: THIS IS IT (PG) ★ (1200 1245 145 245 430 530) 620 720 815 1005
AMELIA (PG) (1250 345) 635 920
ASTRO BOY (PG) (130 355) 615 850
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (1120 AM 200 PM) 950 PM
SAW VI (R) - ID REQ'D (1235 300 525) 755 1020
LAW ABIDING CITIZEN (R) - ID REQ'D (1230 340) 645 935
WHERE THE WILD THINGS ARE (PG) (220 500) 735 1010
COUPLES RETREAT (PG-13) (1255 350) 640 930
INVENTION OF LYING (PG-13) 705 PM 945 PM
ZOMBIELAND (R) - ID REQ'D (455 PM) 725 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (100 320 550) 810 1030
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (215 PM 440 PM)

FOX STADIUM 16
22875 Crawford Plz, Asburn, VA 703-957-1035

CHRISTMAS CAROL (PG) ★ (1245 310 535) 800 1030
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (1145 210 435) 700 925
RW: THE BOX (PG-13) (1240 330) 610 850
MEN WHO STARE AT GOATS (R) - ID REQ'D (1220 240 530) 750 1020
THE BOX (PG-13) (200 445) 720 1000
THE FOURTH KIND (PG-13) (1150 220 500) 740 1010
MICHAEL JACKSON: THIS IS IT (PG) ★ (1230 150 320 430) 600 710 840 950
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (140 PM) 640 PM
ASTRO BOY (PG) (110 PM 340 PM)
SAW VI (R) - ID REQ'D 900 PM
STEP FATHER (PG-13) (420 PM) 915 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (100 350) 650 930
WHERE THE WILD THINGS ARE (PG) (1200 230 510) 745 1015
COUPLES RETREAT (PG-13) (1210 250 545) 820
ZOMBIELAND (R) - ID REQ'D (130 PM 410 PM) 645 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (1250 300 520) 620 730 830 940 1040
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (120 400) 630 845

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

MEN WHO STARE AT GOATS (R) - ID REQ'D (120 210 350 440) 700 750 930 1020
THE BOX (PG-13) (110 200 400 450) 650 740 940 1030
MICHAEL JACKSON: THIS IS IT - DP (PG) ★ (150 430) 730 1010
MICHAEL JACKSON: THIS IS IT (PG) ★ (100 240 340 520) 640 820 920
ASTRO BOY (PG) (130 PM 410 PM)
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) (135 PM)
SAW VI (R) - ID REQ'D (415 PM) 715 PM 955 PM
ZOMBIELAND (R) - ID REQ'D 710 PM 950 PM
PARANORMAL ACTIVITY (R) - ID REQ'D (140 420) 720 1000

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

CHRISTMAS CAROL (PG) ★ (100 340) 620 900
MEN WHO STARE AT GOATS (R) - ID REQ'D (120 440) 720 1000
THE BOX (PG-13) (1250 330) 630 910
THE FOURTH KIND (PG-13) (200 520) 800 1040
A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★ (140 220 420 500) 700 740 940 1020
MICHAEL JACKSON: THIS IS IT (PG) ★ (1240 240 320) 600 640 730 840 920 1010
ASTRO BOY (PG) (250 PM 530 PM)
CIRQUE DU FREAK: THE VAMPIRE'S ASSISTANT (PG-13) 950 PM
SAW VI (R) - ID REQ'D 810 PM 1045 PM
LAW ABIDING CITIZEN (R) - ID REQ'D (300 PM) 610 PM 850 PM
WHERE THE WILD THINGS ARE (PG) (310 PM) 650 PM
COUPLES RETREAT (PG-13) (130 410) 750 1030
PARANORMAL ACTIVITY (R) - ID REQ'D (230 450) 710 930
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (400 PM)

Times For 11/10 Bargain Matinees In ( ) OC= Open Captioned RW=RWC Available DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply © 2009 www.REGmovies.com

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PHOTO CREDIT



1 Streets of China

China isn't just about thousands of perfectly choreographed dancers celebrating the Olympics. It has punk culture, too, and it's beautifully captured in "Sound Kapital: Beijing's Music Underground," a show of photographs at Govinda Gallery. Check out the visual evidence of the rebellious kids of China. It looks like American punk, but it hasn't been taken over by Hot Topic — yet. F.Z.

➜ *Govinda Gallery, 1227 34th St. NW; through Nov. 28, free; 202-333-1180, Govindagallery.com.*

top stops

Compiled by Express' Fiona Zublin and Christopher Porter. Read more picks every day at **Expressnightout.com/topstops.**

2 Poor Relation

Sure, you could go see the big William T. Wiley retrospective at the Smithsonian American Art Museum. Or you could see his new solo show, "Trust Us for Just Us," at a tiny gallery in Dupont Circle. Which sounds better as your Facebook status? Yeah, that's what we thought, too. The show closes Nov. 14, so you'd better hurry. F.Z.

➜ *Marsha Mateyka Gallery, 2012 R St. NW; through Nov. 14, free; 202-328-0088, Marshamateykagallery.com. (Dupont Circle)*

3 Sufi-ce to Sing

To many people, the massively popular Kailash Kher and Kailasa make world music. But to millions of Indians, the Sufi-informed combination of Kher's soaring vocals and the techo-tinged sounds of Kailasa (brothers Naresh and Paresh Kamath) is simply modern folk with pop twists. You can bet the place will be packed with Indians shouting requests for Kher's numerous Bollywood classics. C.P.

➜ *Lisner Auditorium, 730 21st St. NW; 8 p.m., $25-$45; 800-551-7328, Lisner.org. (Foggy Bottom-GWU)*



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Nominate yourself or someone you know who makes life better for the people of DC



Nominations Deadline: December 11, 2009

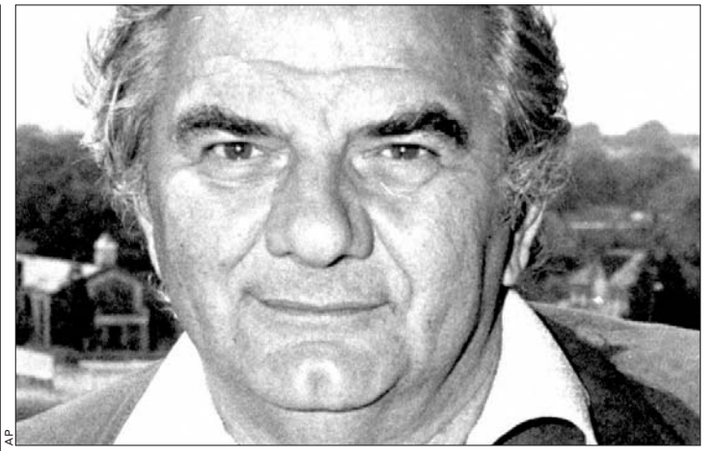
For more information & nomination form visit: www.cafritzawards.org

Administered by The George Washington University Center for Excellence in Public Leadership in partnership with The Morris & Gwendolyn Cafritz Foundation.

television lookout

Hard Fall Out of Favor

'The Legend of Jimmy the Greek' details his major league missteps



AP

Snyder popularized sports betting before being shunned for racist comments.

DOCUMENTARY | The sports documentary series "30 for 30" (8 p.m., ESPN) recalls a lost media world and a larger-than-life American with "The Legend of Jimmy the Greek." A gambler from an early age, Jimmy Snyder popularized sports betting with his syndicated column and his appearances on the CBS pre-game Sunday series "The NFL Today." Broadcast before cable or the Internet, the show had a huge audience who followed "The Greek's" picks for the week.

"NFL Today" colleagues Brent Musberger, Phyllis George and Irv Cross recall his temper and high-maintenance personality. The film's director, Fritz Mitchell, worked as a researcher for the program and was given total access to its veterans and fans, including then-CBS news anchor Dan Rather.

His tale ends in catastrophe. A local camera crew caught Snyder on tape making awkward remarks about centuries of breeding being responsible for the natural superiority of black athletes. Castigated as a racist, Snyder died a broken man. To many, his remarks seemed more of a sign of being out of touch, uneducated and over the hill than truly hateful. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's lineup

DRUGS AND DRAMA
On **90210** (8 p.m., CW), Teddy (guest star Trevor Donovan) helps Jackie (guest star Ann Gillespie) plan a surprise party for Silver. Also, Navid sees Adrianna buying drugs, and Dixon is determined to confront Sasha about her miscarriage.

THE PLOT THICKENS
Who shot Callen (Chris O'Donnell)? The team gets a lead from a surprising source on a new episode of **NCIS: LOS ANGELES** (9 p.m., CBS).

THE HEAT IS ON
On **MELROSE PLACE** (9 p.m., CW), the police search for Auggie after discovering his blood was on the murder weapon. Meanwhile, an incident at work forces Jonah to pretend he is engaged to Ella, who really gets into her role.



WILLIAM REGAN/AP

Tonight, travel around with Robin Roberts in anticipation of the CMA Awards.

CHALLENGES IN TEAMWORK
On **THE GOOD WIFE** (10p.m., CBS), Alicia is representing the daughter of one of the firm's partners, and her co-counsel, Ryan Alprin, is taking an unusual approach to the defense.

ROACH MOTEL
On **TABATHA'S SALON TAKEOVER** (10 p.m., Bravo), Tabatha travels to Miami to rescue 21-year-old Pablo Hernandez, who clearly bit off more than he could chew when he purchased his business, Allure Salon. The enormous cockroaches in the building aren't nearly as off-putting as the attitudes of Hernandez's staff of stylists, who have no respect for his authority.

HANGING WITH THE STARS
On the eve of the CMA Awards, "Good Morning America" anchor Robin Roberts goes home with several country music stars, including Carrie Underwood. Underwood's trip back to her Oklahoma hometown includes a surprise for the students at her old high school on **IN THE SPOTLIGHT WITH ROBIN ROBERTS: BRIGHT LIGHTS. BIG STARS. ALL ACCESS NASHVILLE** (10 p.m., ABC). (TRIBUNE MEDIA)



RIGHTS **Share the Awkward** TV Land and TV Guide Network say they are jointly acquiring basic cable rights to air "Curb Your Enthusiasm," the HBO comedy series produced by and starring "Seinfeld" co-creator Larry David. "Curb" will come to TV Guide Network starting next February. TV Land expects to air the series as early as 2013, immediately after its run on TV Guide Network. (AP)

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✓ Drink daily or almost daily?

✓ Are between the ages of 24 and 60?

We are seeking men and women to study whether a medication for smoking cessation (CHANTIX™) may affect drinking. Volunteers should be healthy and drug-free. Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.

For more details, call 301-496-7500

NATIONAL INSTITUTES OF HEALTH

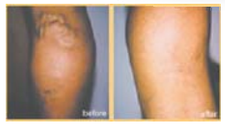
NIAAA National Institute on Alcohol Abuse and Alcoholism

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA



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Poll Center

WILL CONGRESS PASS HEALTH CARE LEGISLATION BY THE END OF THE YEAR?

YESTERDAY'S RESULTS AS OF 5 P.M.

NO 80%

YES 20%

"It will happen. Eventually, Congress will do the right thing and pass health care reform. It is a disgrace that the wealthiest country in the world does not insure all of its citizens."

COMMENTER FRANK

"I don't think the Senate will get around to voting on this until January 2010. Joe Lieberman has put the fear of a filibuster out there, and that's given a lot of cover to conservative Senate Democrats to slow things down."

COMMENTER CHRIS

"Let's hope not. We can't afford it."

COMMENTER MZ

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM

Blog LOG

"NOTRE DAME is a program that prides itself on tradition. Under Charlie Weis, the Irish have developed a new one: losing at home to Navy."

REALCLEARSPORTS.COM IS NOT IMPRESSED WITH THE STORIED COLLEGE FOOTBALL PROGRAM AFTER ITS LOST ON SATURDAY.



LINDA DAVIDSON/TWP



"[THIS WAS] even sadder than Bambi's mom and [the dad in "The Lion King"] because this one is real and must have caused at least one 5-year-old to wet his pants out of terror that day at the zoo."

GAWKER.COM WAS SADDENED BY STORY OF THE DEER THAT LEAPED INTO THE LION'S DEN AT THE NATIONAL ZOO SUNDAY. IT WAS EUTHANIZED DUE TO INJURIES FROM THE LIONS.

"If you're shocked that Britney [Spears] was lip-synching at her concert and want your money back, life may continue to be hard for you."

SINGER **JOHN MAYER** TWEETED ABOUT THE RECENT CONTROVERSY IN AUSTRALIA STEMMING FROM FANS WHO WERE UPSET THAT SPEARS WAS NOT ACTUALLY SINGING DURING HER PERFORMANCES.



"Sammy Sosa is not hoping to star in the 'White Chicks' sequel. It is not some kind of alleged side affect from any alleged substances he may have put in his body. He just wants to be beautiful!"

DEADSPIN.COM POKES FUN AT THE FORMER BASEBALL PLAYER'S NEW LOOK, WHICH HE CLAIMS IS FROM A SKIN "REJUVENATION PROCESS."

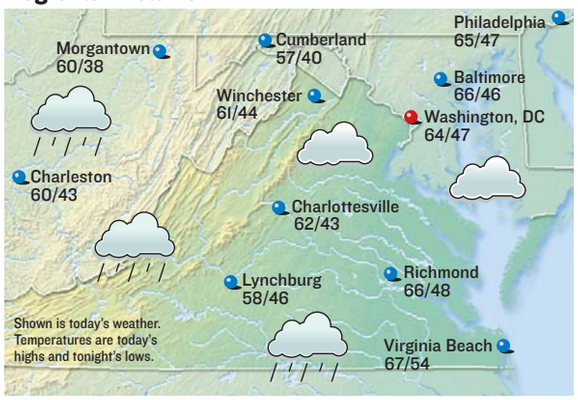
"WHAT IS GOING ON with Katt Williams? This man can't seem to keep out of trouble long enough these days. Pimpin' just may not be that easy!"

AJSUPREME.BLOGSPOT.COM DOESN'T UNDERSTAND WHY THE COMEDIAN WAS ARRESTED. HE IS ACCUSED OF BREAKING INTO A SUBURBAN ATLANTA HOME AND STEALING JEWELRY.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Cloudy	Breezy, rain	Rain possible	Partly sunny	Sunny, warmer	Partly sunny
64°	47°	51° / 39°	45° / 42°	54° / 42°	57° / 45°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	69°
Low	47°
Normal high	60°
Normal low	42°
Average humidity	64%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.56"
Normal month to date	0.90"
Year to date	36.24"
Last year to date	41.19"
Normal year to date	34.17"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

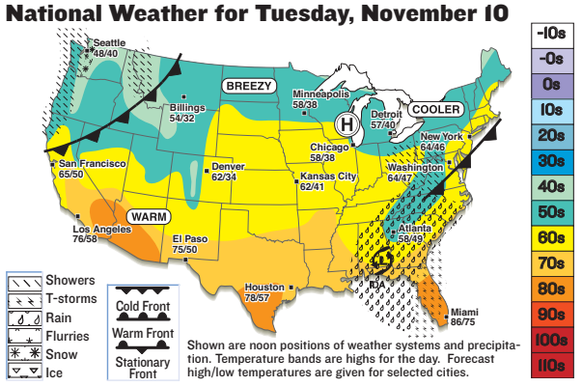
D.C. Metro: Today, cloudy. High 64. Wind north-northeast 3-6 mph. Tonight, breezy, rain. Low 47. Wind north-northeast 10-20 mph. Wednesday, windy, rain.

Sun and Moon

Sunrise today	6:45 a.m.
Sunset tonight	4:58 p.m.
Moonrise today	12:01 a.m.
Moonset today	1:26 p.m.

New	First	Full	Last
Nov 16	Nov 24	Dec 2	Dec 8

National Weather for Tuesday, November 10



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	58/49/r	67/42/pc
Boston	62/45/pc	48/37/pc
Chicago	58/38/s	59/38/s
Dallas	76/54/s	72/51/s
Denver	62/34/s	65/36/c
Honolulu	83/72/pc	81/70/sh
Los Angeles	76/58/pc	76/54/pc
Miami	86/75/t	84/66/t
New York City	64/46/pc	52/41/r
Orlando	84/69/t	75/56/c
Seattle	48/40/pc	47/39/r

World Cities

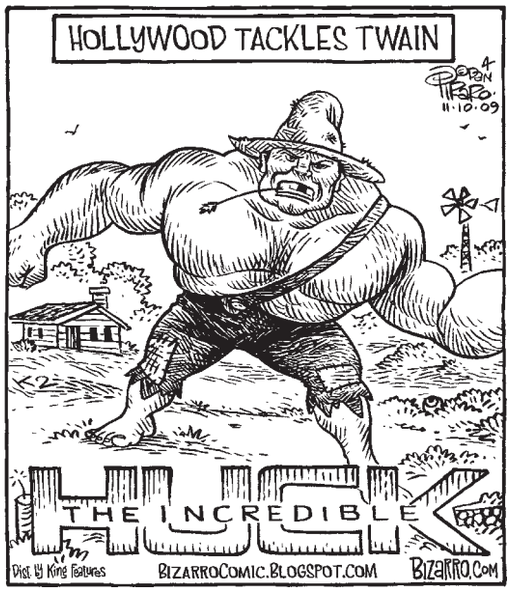
City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	46/41/sh	52/39/c
Athens	72/55/sh	70/55/c
Berlin	46/37/c	45/38/pc
Buenos Aires	73/46/s	77/57/s
Calgary	46/21/pc	37/16/pc
Dublin	50/39/pc	52/43/r
Geneva	41/35/sh	47/31/pc
Moscow	37/34/r	43/37/sh
Rome	61/43/sh	61/45/s
Sydney	79/59/s	81/59/s
Tokyo	68/57/s	66/55/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Forecasts and graphics provided by **AccuWeather, Inc.** ©2009

comics lookout

Bizarro | *Dan Piraro*

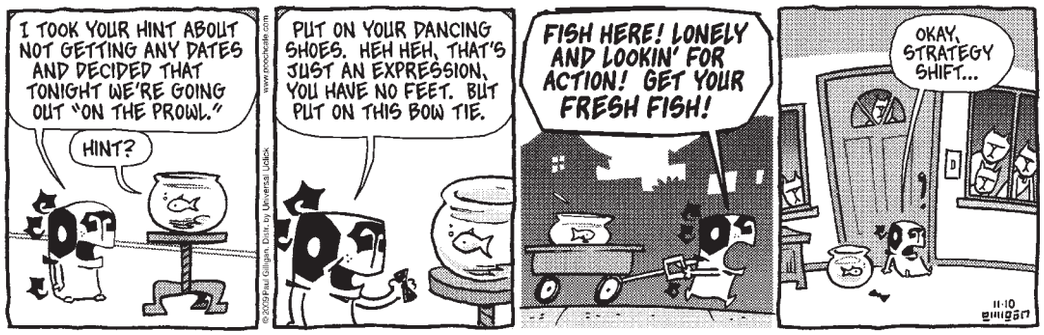


Cornered | *Mike Baldwin*

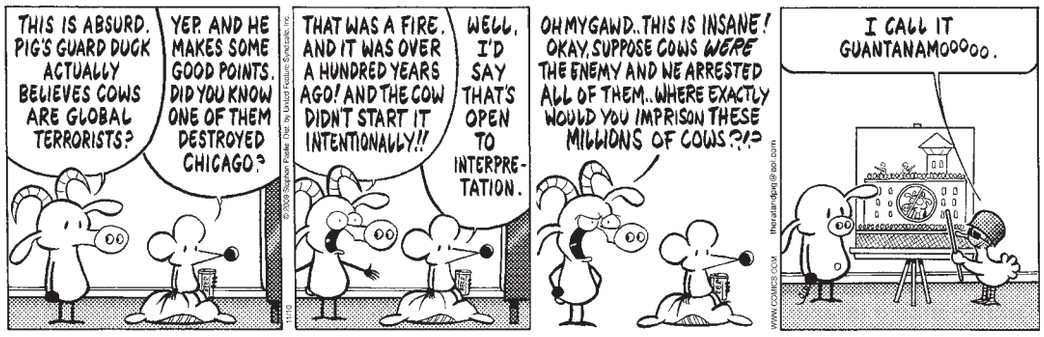


"She left everything to her cats."

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*



Horoscope

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) Changing rhythms will certainly affect an intimate relationship. Make no assumptions; you must be willing to talk about things.

SAGITTARIUS (Nov. 22-Dec. 21) An issue that should be straightforward and simple proves much more complicated, thanks to the influence of a third party.

CAPRICORN (Dec. 22-Jan. 19) Make sure that you understand both sides of the key issues. You needn't straddle the fence forever — but for now, keep your options open.

AQUARIUS (Jan. 20-Feb. 18) Your genius at this time is in seeing the big picture, no matter how complicated things may get. The details will work out.

PISCES (Feb. 19-March 20) You may be standing in your own way at this time. The decision that feels best may not be that which is best for you in every other way.

ARIES (March 21-April 19) Someone is trying to take advantage of you at this time, but you should be able to make a stand and prove you're a formidable opponent.

TAURUS (April 20-May 20) You want a little more from that certain someone than you've been getting lately — and this is the perfect time to make your desires known.

GEMINI (May 21-June 20) After what may seem an unusually long dry spell, you should be able to score a victory that gets you going once more.

CANCER (June 21-July 22) Have you forged the right alliances? You'll receive information that clarifies political matters and shows you the right way.

LEO (July 23-Aug. 22) That which you do not know is only an illusory threat; once you come to familiarize yourself with the issue, all dangers vanish.

VIRGO (Aug. 23-Sept. 22) You can remain well ahead of the competition, provided you focus on those things that enable you to use your greatest skills.

LIBRA (Sept. 23-Oct. 22) You can relive a past glory, if only briefly. Don't start longing for that which you can no longer have.

Today in History

1871 American journalist Henry Stanley finds African explorer Dr. David Livingstone in Ujiji, central Africa, on Lake Tanganyika; he delivers his famous greeting, "Dr. Livingstone, I presume?"

1885 The son of German engineer Otto Daimler becomes the first motorcyclist, riding his father's invention six miles.

1954 The Marine Corps War Memorial is dedicated in Arlington, Va.

1969 "Sesame Street" debuts on PBS in the U.S.

1970 The Soviet Union launches Luna 17, which lands a roving vehicle on the moon's surface.

1982 The Vietnam Veterans Memorial opens in Washington, D.C.

2007 Six U.S. troops are killed when insurgents ambush their foot patrol in the high mountains of eastern Afghanistan.



"Sesame Street" debuted with this cast on PBS TV on this day in 1969.

Correction:

In Friday's Best Of edition, it was stated that a Hair Cuttery cut is $15. It is, in fact, $16 to $18 in the D.C. area.

PostPoints DAILY CODE EG

lookout people



STEW MILNE/AP

For some reason, James Woods is smirking as his court case begins.

LAWSUITS

Actor's Court Case Against Hospital Begins

JAMES WOODS entered a Warwick, R.I., courtroom Monday for a trial in a lawsuit he brought against the hospital where the actor's younger brother died in 2006. Woods claims Kent Hospital was negligent in caring for his brother, Michael, who was 49 when he died of an apparent heart attack. (AP)

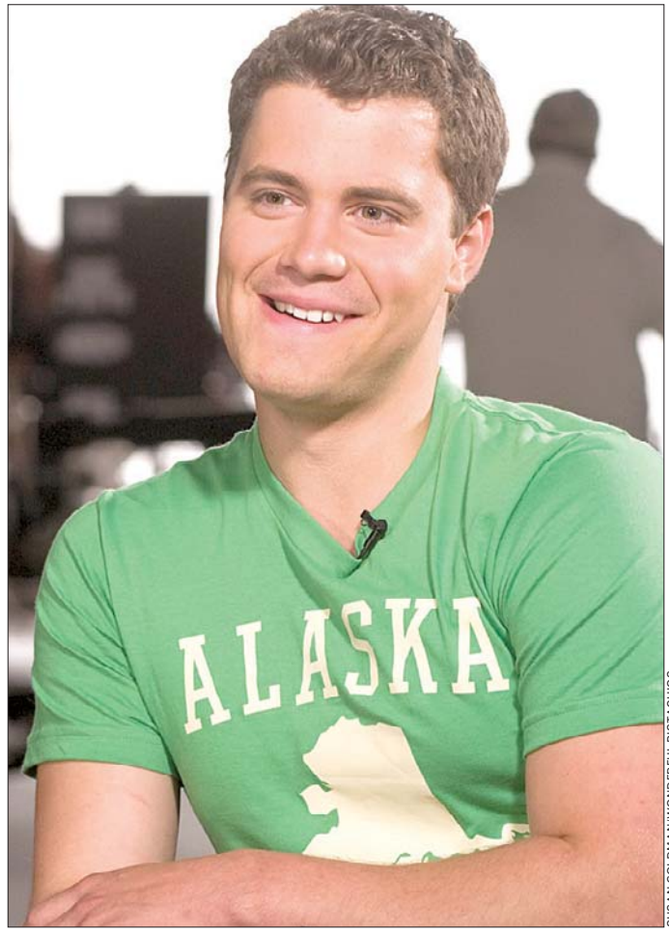
THOUGHTLESS

Actress Rubs Infertile Couples' Faces in Her Joy

TIFFANI THIESSEN and actor/husband Brady Smith are having a baby, their rep told People.com. "We are over the moon!" the couple said. "It's something we've wanted for a long time, and we are thrilled that it's actually happening." (EXPRESS)

expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.



SUSAN GOLDMAN/WONDERFUL PISTACHIOS

MIRACLES

Item Not About Playgirl!

LEVI JOHNSON is taking Bristol Palin to court, seeking joint custody of their son, Tripp, People.com reported. He says the Palins are making it difficult for him to see his son, telling "The Insider," "It's not working. I'm done. It's going to have to go to court. They just finally pushed me over the edge." (EXPRESS)



Please enjoy this unflattering photo of Rachael Ray.

PROMOTION

It All Sounds Great Until You Read The Last Line

RACHAEL RAY is boosting the local food supply for a struggling Ohio town. On Saturday, Ray brought a Wilmington soup kitchen new appliances, shelves and furniture. Ray's show also promised to supply food for the kitchen for the next year. Wilmington is still reeling from the departure of DHL Express and other Wilmington Air Park operations, which has resulted in a 15 percent local unemployment rate. On Sunday, Ray hosted an early Thanksgiving feast. The soup kitchen improvements and the Thanksgiving meal will be featured on "The Rachael Ray Show" on Nov. 25. (AP)



COWETA COUNTY SHERIFF DEPT./AP

Nope, still not as good as Nick Nolte's.

EMOTIONS

Only Tom DeLay Looks This Happy in a Mug Shot!

Comedian and rapper **KATT WILLIAMS** remained jailed in Coweta County, Ga., on Monday after police said they arrested him for breaking into a home. Police said the Sunday night incident happened at a home in Newnan. Williams is known for his roles in the movies "Friday After Next" and "Norbit." (AP)

REVEALED

No Mask — Just a Quart or Two Of Mascara and Foundation



LADY GAGA showed her face on the German talk show "Wetten Dass...?" this weekend, appearing with no giant sunglasses, masks or veils obscuring her visage, the Daily Mail reported. She discussed her tattoo of a poem by German writer Rainer Maria Rilke, among other topics. (EXPRESS)

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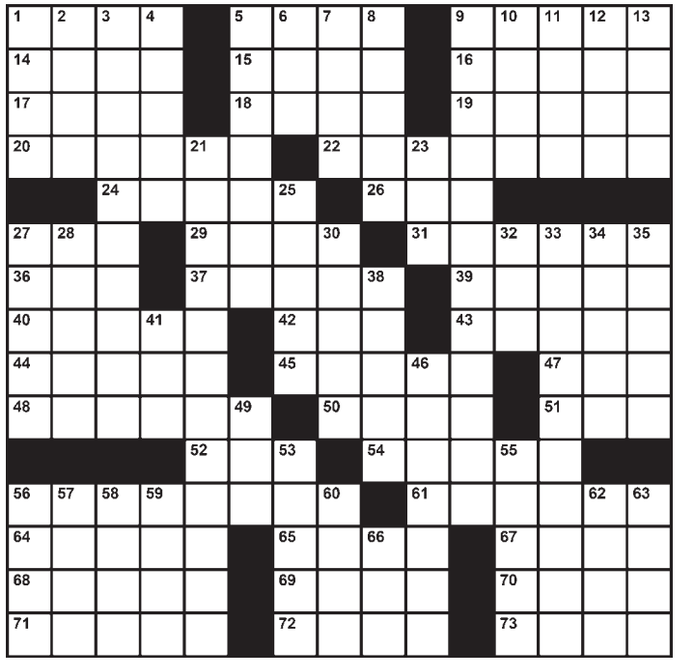


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puzzles lookout

CROSSWORD | WEATHER WATCH

EDITED BY TIMOTHY E. PARKER



ACROSS

I. Spread, as seeds
5. Hindu noblewoman
9. Singing syllables
14. "... fifteen miles on the ___ Canal"
15. Stylish elegance
16. Second-largest Great Lake
17. Endangered goose that's Hawaii's state bird
18. "___ Las Vegas" (1964 Elvis movie)
19. ___ Jack (British flag)
20. Beginner's walk
22. Lengthen
24. Securing laces
26. Young fellow
27. Squishee seller on "The Simpsons"
29. Swallow with gusto
31. "Neon" fish
36. Bigwig in D.C.
37. Took testimony from
39. Wince or flinch, e.g.
40. ___ Work (road repair sign)
42. Arthur Conan Doyle's title
43. African capital
44. Arranged a dinner at home
45. Summer Olympics site
47. Matchstick counting game
48. Texas border city
50. Without the band
51. Pharmaceutical-approving org.
52. Beak
54. Demoted planet
56. Cuddles
61. Thought the world of
64. Word with "society" or "roll"
65. Branch bit
67. Certain drop
68. 101 class, briefly
69. Gutter's spot
70. To be, in old Rome
71. Used a Jersey expression?
72. Certain hydroxides
73. Beef and vegetable dish

DOWN

1. Dropped in the mail
2. White-centered cookie
3. Plane-testing chamber
4. Impoverished
5. Money coming in
6. ___ Baba
7. Approach to the altar
8. Total
9. Billowy boomer
10. Notch on the ladder
11. Opera staple
12. Haul from a heist
13. "Breathing Lessons" author Tyler
21. Conductor, but not of music
23. Cereal grain
25. Tumbler material, often
27. Comparable to a hornet or a hatter
28. Calvin of the PGA
30. Uses a crowbar
32. Crumpets go-with
33. Endangered Amazon area
34. Strong and pungent, as an odor
35. Leaf's breathing orifice
38. Hang downward
41. Snorkeler's intake
46. Containers' fall-short amounts
49. Alaska resource
53. Tropical nut or palm
55. Gift bags from pledge drives
56. Adjust with a wedge
57. Baby's taboo
58. "Do ___ others as you would ..."
59. Wound from a bullfight
60. Dance romantically
62. Cushiness
63. "The ___ Carey Show"
66. "___ seen worse"

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

		6				5		4
			6		8			7
3	8						2	
1				5				
	9		7		4		3	
				2				9
	4						5	3
2			5		9			
9		5				7		

Yesterday's Solution

9	8	3	6	7	4	5	1	2
7	2	6	9	5	1	4	8	3
5	4	1	2	3	8	7	6	9
6	3	9	1	4	7	2	5	8
4	5	7	8	9	2	6	3	1
2	1	8	5	6	3	9	7	4
8	7	4	3	2	5	1	9	6
3	9	5	4	1	6	8	2	7
1	6	2	7	8	9	3	4	5

express

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